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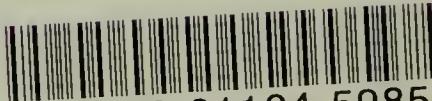
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Emily Carr
December 1895

FOODS FOR THE FAT

*A TREATISE ON CORPULENCE, AND ITS
SCIENTIFIC DIETARY CURE*

BY

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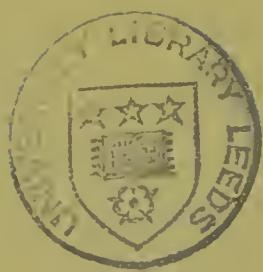
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INTRODUCTORY.

WHAT constitutes robust health? A sound constitution and a lithe, active frame may truly be the answer; for without these the power of enjoying life, even under the most favourable circumstances, is to a great extent limited.

If this be true, there are a large number of people of both sexes whose pleasure is to a considerable extent curtailed—though they may be in other respects fortunate—by the fact that their condition is incompatible with perfect health, and that their bulk renders exercise difficult, and in extreme cases impossible. The mode of life and diet of the ordinary Englishman, especially when middle-age is reached, undoubtedly tends to foster an accumulation of fat that, if it does not destroy life directly, does so in very many cases indirectly—by preventing the victim from taking the exercise necessary to circulate the blood, keep the skin acting, and prevent congestion of those internal organs which, by their free and healthy action, eliminate the waste products of the system.

The disease of corpulency—for a disease it is—creeps on so insidiously and slowly, and the individual becomes so

entangled in its toils, that he or she finds, when it becomes necessary to grapple with it, the power to do so curtailed, and the effort of taking the steps formerly advised so weakening as to be practically dangerous or too painful to continue. Happily for such people, science comes to their aid, and without curtailing very much the pleasures of the table, the diet may be so arranged that, without any danger to health or length of life—indeed, with increase to both—a person may safely and permanently reduce bulk and fat to a degree compatible with enjoyment. A few cases out of a very great number treated interspersed throughout this little work will illustrate this.

The question will be asked, How may this be done? A medical adviser who says to the victim of corpulency, ' You must avoid a diet containing sugar and starch '—the principal fatteners—generally gets the reply: ' But, doctor, I don't know what articles do ; ' for the ordinary individual, and, as far as that goes, the ordinary practitioner, does not make dietetics a study, and the reply is perfectly true in the majority of cases. The victim purges and starves himself for a few days, doing serious harm, and making the remedy worse than the disease; or he consults some quack, who robs him, and ruins his constitution. Under these circumstances life becomes a burden, and if the victim be well-to-do—and generally he is—he is debarred the pleasures of hunting, fishing, shooting, and all other enjoyable outdoor exercises.

Such people should read this little work, which is a scientific system of treating obesity, and certain in its

results ; and then not attempt to treat themselves, but seek the assistance of someone who thoroughly understands dietetics, and have a diet laid down on the lines indicated here, made suitable for their particular case, for no two cases are exactly alike. The result will be a loss of fat to the extent of twelve to sixteen pounds a month, with at the same time increased strength and energy.

The task of the dietitian is made easier now that a substitute for sugar has been found in saccharin, a harmless product three hundred times sweeter than sugar ; and the author, from personal experiments, can assure the reader that for all household purposes where it is necessary to use sugar, such as in tea, coffee, punch, negus, jellies, stewed fruits, etc., saccharin is a perfect substitute.

As a dietary that produces fat often produces gout and biliaryness, those who suffer from these ailments may, without the aid of medicine, by proper dietetic treatment avoid much suffering.

The author, as a specialist in corpulency, has frequently seen the need of a work of this kind, for diet is far more necessary than medicine—which is of little use—in the treatment of this diseased condition.

44, HARLEY STREET,

LONDON, W.

May, 1894.

PREFACE TO SEVENTH EDITION.

SINCE the first edition of this work was issued a second, third, fourth, fifth, and sixth have been exhausted. This fact, I believe, is a good testimony to its popularity.

Experience in treating a vast number of cases of corpulency of all degrees and at all ages, by correspondence and otherwise, has induced me to make some additions of importance. With all other medical authorities, I am fully satisfied that only by scientific dietetic treatment under proper guidance can a loss of fat of from twelve to eighteen pounds a month, coupled with increase of muscular and nervous strength and energy, be ensured, and corpulence safely and permanently cured.

I constantly see the evil results of resorting to the medicines of advertising quacks for the reduction of fat. Purgatives, and other nostrums used for this purpose, destroy the health and ruin the digestive organs, and their action is only temporary, for the fat returns as soon as they are left off. Whereas by proper dieting not only is normal weight attained, and condition and health improved, but the ability to keep at that weight for the rest of life with perfect ease and safety is ensured. The best plan, I find, is a course of *strictly regulated* dietetic treatment, suitable to each particular case, until normal weight is attained.

The length of this depends, of course, upon the degree of obesity. Normal weight once attained, the knowledge imparted by a perusal of this little work, with proper guidance, will enable sufferers to enjoy permanent relief from corpulency and an increased immunity from gout, rheumatism, indigestion, and other more fatal diseases that come in its train. Some remarks will be found in this edition on the more recent system of treating obesity, more especially in Germany, and also on the use of an animal substance, called thyroid powder, for this purpose.

The favourable notices that have appeared in the English and foreign press, coupled with the vast number of letters I have received from medical men and others from all parts of the world who have placed themselves under my care and followed the system I advocate (to which I devote nearly my whole attention), induce me to believe that the dietetic mode of treating obesity, which I have formulated in the medical journals and in other papers, and outlined in this little work, is the easiest and pleasantest to carry out, and the only one that can be relied upon as permanent and health-improving, and absolutely free from all danger.

44, HARLEY STREET,
LONDON, W.

June, 1895.

FOODS FOR THE FAT.

PART I.

CORPULENCY.

1. Of all the evils to which humanity is subject as middle-age creeps on, there is not one more common than excess of fat, or one that causes greater discomfort, or indirectly tends more to shorten life. In men this commonly begins to show itself between the ages of forty and fifty, in women a few years earlier, and though it may not be a disease in itself—unless it attains enormous proportions—it often induces disease by impeding the victim from taking that exercise that nature demands to stimulate the functions of the different organs that keep the body in robust health.

2. Though this condition is so frequent, it is not one that meets with much sympathy, for the sufferer is generally considered to be fond of good eating, and deserving of his abnormal proportions, and the ordinary run of practitioners who are consulted seldom offer any consolation, or suggest a remedy; indeed, *few medical men give the attention to dietetics in the treatment of disease that disease demands*, and as the result the corpulent person too frequently consults, and falls an easy prey to, some quack, who finds him a profitable subject, and doses him with drugs that effectually and permanently injure his digestive organs.

3. Or, perhaps, being a believer in the old adage, ' that a man is either a fool or a physician ' before he is forty, he proceeds to experiment upon himself, and by dint of purging, starving, and tiring himself by manual work or walking, reduces a few pounds in weight; but as there is no scientific principle in his system he soon finds it too hard to continue, and once more resigns himself to the inevitable and to increasing misery and danger.

4. This is a great mistake, as corpulency is caused more by a faulty diet than by any hereditary tendency; and as there are means of obviating this, when its treatment is based on scientific principles, and with due regard to habit, constitution, age, and mode of life, therefore no person need despair. A properly constructed dietary, taking all the circumstances of the case into consideration, and the health, soundness, and constitutional requirements of the sufferer, will absolutely permanently and certainly reduce weight at the rate of from four to eight pounds per week.

5. The first thing the patient has to be made to believe is this: That a rapid reduction in weight may take place, and the obese person be stronger and better in every way than he was before, and that this may be done better, safer and more certainly by diet than physic. For instance, take the case of the horse. It is a well-known fact that when a horse is turned out to grass he becomes in a short time very obese and weak, and if worked perspires, and is easily distressed. If it becomes necessary to put him in condition, what is done? Why, simply this: He is brought into the stable, and put on corn and hay, groomed—a form of massage—and given exercise, and what is the result? He rapidly loses fat, gains breathing power, gets spirited and does hard work, hunting or racing, as the case may be, with ease to himself, and pleasure to his owner.

6. Now, plainly speaking, this principle is applied in another way to the human animal, and in the hands of a *specialist* in dietetics, with the greatest success; at least, it

has been so in mine, as I hope to illustrate in these pages by a number of cases of extreme corpulency treated entirely by dietetic means.

7. At the same time it must not be forgotten that where a sudden change in food is made, and those foods that make fat, and, therefore, supply the body with heat, are cut off, though this may be done with perfect safety in proper hands, it is not advisable that the victim of corpulency, who, of course, can be no judge of his own constitutional requirements, should take the management of his case into his own guiding, for the functions of the liver, kidneys and bowels have to be regulated ; in fact, the successful treatment of this condition can only be properly carried out by someone who makes a specialty of this disease. As well might a person, who knew nothing about the sea, read a book on yachting, and then try to navigate the yacht in the dark, through unknown shoals, rocks and quicksands, storms and tempests. All I can say is, I should not like to trust him, or ever expect, if I did, to see port again.

8. In the case of a person of gouty habit—though such a person would be in every way better for the course of treatment and the increased freedom to move about and enjoy life, and future immunity from recurrent attacks of gout—such a person would require guiding, and a much larger quantity of fluid.* To flush the system with fluids would be absolutely necessary ; it would also be necessary to make an examination of the secretion of the kidneys under the microscope, to see that the uric acid was being eliminated in a satisfactory manner.

* It is astonishing what a difference diet will make in the case of a gouty person, and how soon the excess of uric acid in the system can be cleared off. With the rapid loss of fat and the large quantity of fluid taken the gout-poison is rapidly eliminated. In a number of cases that have recently come under my observation of fat gouty people, an examination of the urine under the microscope has revealed the fact that a highly nitrogenous diet, *i.e.*, large proportion of meat, with plenty of vegetables, containing no sugar or starch, has absolutely cleared the system of the gouty poison, and a general improvement in the health with increased strength has taken place.

9. Indeed, every case of corpulency must be treated on its own merits, and only by doing this can thorough success be obtained. Thus a person of thirty with good teeth can masticate food that would be quite unsuitable in the case of a male or female of sixty. In chronic cases, where the general health is impaired, a course of tonics, change of air, and massage, assists in bracing up the flabby muscular development and in strengthening the heart,* so that with the loss of fat comes the ability to take exercise; this tends to improve the general tone of the constitution, to say nothing of adding to the length of life.

10. If increasing corpulency is a misfortune in a man, it is a far more unfortunate state of affairs in the female, for long before beauty should cease to attract, the complexion loses the peach-like bloom so much admired, and the figure those lines of grace and elegance that should be its characteristics. More than this, the ability to dance and enjoy life is very much curtailed by the unwieldy proportions attained—a serious matter in those who move in the higher ranks of society, and strive to obey the dictates of fashion.

11. Happily for all such individuals, science comes to their aid, and, with proper care in diet, rapid reduction of weight may be ensured, and this, under proper guidance, without the slightest danger or harm in any way. The reduction to proper dimensions may be carried out and made permanent with very little ordinary care afterwards, in avoidance to a slight extent of certain foods.

12. If the individual unfortunate enough to be weighted with superabundance of fat moves in society, a reduction of four to six pounds per week in bulk may be carried out without attracting attention, for corpulency does not require

* The most serious result of corpulency is that it impedes the action of the heart, and hence a weak and dilated heart, with palpitation on exertion, breathlessness and dropsy. This is a constant danger to life. A reduction to something approaching normal weight permanently remedies this, but it is most important that the heart and secretion of the kidneys be examined before a course of diet is embarked upon.

treating as an illness, and the fair victim of *too much plumpness* may once more have the bloom brought to her cheeks, and the complexion made peach-like, and no one be the wiser, and this without having recourse to quack medicines, that, while they are reducing fat, are also reducing strength, and at the same time destroying the coats of the stomach for ever.

13. It is a curious circumstance that ordinary medical men scarcely ever, *the exceptions being very rare*, take any interest in the treatment of corpulency; and still it is the cause of much ill-health, and misery, and shortening of life. They leave the victim to seek the advice of those quacks who trade on the fears or the vanity of the sufferer, and plunder him or her without compunction, and without benefit. It is time that this disease—for a disease it is—attracted the notice it deserves, and, lately, in a letter to the *Lancet*, I called attention to this anomaly.*

14. To proceed. It is a well-known fact that no two persons are constitutionally formed alike; indeed, there are five types. They are classified as the nervous, the biliary, the gouty, the scrofulous, and the lymphatic. Now, the nervous are seldom over-burdened with fat; they are

* After mentioning an extraordinary case of obesity in a child, I go on to say: 'While on the subject of obesity, may I remark that it appears to me its physiology has not received the attention it deserves? We all know that certain foods fatten some people, and that sugar and starch are the great offenders. Beyond this there is little light. Corpulency in excess is a diseased condition, and I think deserves more consideration in our treatment of many ailments of which I assert it is the primary cause. Corpulent people are often ailing, are more subject to gout, colds, bronchitis, and many other diseases, than lean people. But the condition excites no sympathy; they are supposed to be fond of good things, and deserve to be fat. A chimney that smokes is swept, but a sufferer from obesity is left to go on in his misery, and he goes to quacks for relief. Personally, I have taken great interest in this subject, and have treated numbers of people for corpulency with great success. The ordinary dietary for our climate is admitted to be faulty. This has been constructed during hundreds of years by cooks and not by physiologists. Let us hope, as we live in an age of progress, that the philosophy of dietetics may soon teach us how "to eat to live," not "to live to eat." Longevity and leanness are twins.'—*Lancet*, July 19, 1890.

quick and restless, and, as a rule, thin and wiry. The bilious are dark in complexion, largely developed in frame, and inclined to be gloomy in temperament. Such people often lay on fat as middle-age approaches. In their ailments particular attention must always be paid to the functions of the liver; so that, necessarily, the proper action of this important organ should be encouraged in treating those of this temperament for obesity. This system is adapted to that end.

15. Constitutions that inherit the gouty taint have their digestive powers good and their appetites large. They are prone to obesity, and generally fond of good living. The surplus food in their case is not eliminated from the system, so that it remains behind in the form of uric acid—the poison of gout and rheumatism—and stored fat. In such people a reduction of fat reduces the liability to attacks of gout, for gout poison and fat are twin brothers. They are both aliens in the system, and have no business there; and if the fat goes the gout poison, as a rule, goes along with it.

16. The lymphatic constitution is the type of those listless, large, phlegmatic people, that nothing seems to move; all the functions of their bodies are performed sluggishly. Such people are slow and indolent. Those who inherit this diathesis are generally fat and difficult to treat; they are not fond of exercise, and do not care to exert themselves, even for their own benefit.

17. Having drawn attention to the different inherited constitutions, one may remark that they all require a little variation in treatment for corpulency, that only one who makes a study of dietetics can satisfactorily carry out. After twenty-five years' experience of disease, I am able to say that the latter (the lymphatic) are the most difficult to manage or to please. However, a medical adviser must do the best he can, even for those who will not take a little trouble to strictly obey him, when their very life depends upon it.

18. Since the first edition of this work was issued, I have had occasion to treat many people who, attempting to treat themselves, were indifferently successful, as they did not decrease more than a pound or two per week in weight. But, then, this was their own fault, for as they did not understand their own constitutional requirements, it was not to be wondered at that they failed. Imagine a person reading a book teaching how to cut a suit of clothes, and then trying to make his own as a result, or learning how to swim, or ride, or drive, by studying a manual on the subject! It is needless to point the moral.

19. What I find is, that people who draw out their own dietary constantly break the rules they lay down for themselves, and hence, for want of proper guidance, fail, as a matter of course; whereas when I treat them personally or by correspondence I expect them to see me or write me a weekly letter, and by this and the weekly loss in weight and abdominal girth, I am able to see that the result is a loss of fat at the rate of four to six pounds the first week, three to five pounds the second, two to four pounds the third, and so on.*

20. The advantage of the system outlined in these pages is that it is safe to reduce corpulency at any age and at any season by its means; my experience being that even elderly people become apparently many years younger when they attain proper dimensions; the flabby heart that prevents exercise up hill is gradually strengthened, and the difficulty of breathing when lying down soon passes off; the greater

* In the most extraordinary case of obesity I have ever known, a lad of *twelve years of age*, weighing *seventeen stone five and three-quarter pounds*. The father's weekly letter gives the loss of fat thus: April 28 (end of the first week), 16 stone 11½ lb. ; May 5, 16 stone 7½ lb. ; May 12, 16 stone 4 lb. ; May 19, 16 stone ; May 26, 15 stone 12 lb. ; June 3, 15 stone 6½ lb. ; June 10, 15 stone 2½ lb. ; June 17, 14 stone 13 lb. ; June 25, 14 stone 9½ lb. ; July 8, 14 stone 5 lb. He is still under treatment, and his father writes me: 'His health continues excellent, and he is a great deal more active, and the loss of over 3 stone of dead weight affords him immense relief. He has lost 7 inches in abdominal girth.'

tendency to congestive ailments is much reduced, and the general health improved in every way. But the treatment must here undoubtedly be supervised by someone who makes a study of this condition, and the correct dietetic and other necessary means of treatment for its cure. It is as well to remember that the loss of weight in elderly people must be more gradual, the dietary being scientifically regulated to this end.

21. In treating corpulency I divide the treatment into three periods. During the first period very little of anything but meat and fish is allowed, the exception being made with regard to a *small* quantity of dry toast at breakfast, and vegetables of certain *kinds only* for luncheon and dinner. It is needless to say that these vegetables contain no starch or sugar, and are given to prevent the disgust that would arise from eating so much animal food without something to dilute it, and also to keep the blood in a thoroughly healthy state, *a sine quâ non*. The successful treatment of obesity lies in the way the articles of diet are apportioned. From treating so many individuals, it is easy to regulate to a pound a week the loss in any given case; and if the patient objects to its rapidity—which is seldom the case, as the feeling of elasticity and increased strength is so marked—I am in the habit of modifying the diet, to graduate such rapid loss.

22. About a twentieth part of the weight of the male body should be of fat, and of the female a little more, but it is seldom the balance is so evenly kept. Even where this is greatly exceeded, some people manage to enjoy life, and to take a certain amount of exercise, at least in youth; for Daniel Lambert weighed thirty-two stone at the age of twenty-three years, and could then walk from Woolwich to London; subsequently he attained the enormous weight of fifty-two stone, and died at the age of thirty-eight years. Most of those who lay on excess of fat early die during middle age, from attacks of acute diseases such as inflam-

mation of the lungs, bronchitis, etc., or from apoplexy, syncope, due to passion or sudden exertion, and from numerous other causes that would not endanger thin people. *A fat person lives on the brink of a volcano ; he is never safe ; an illness of no importance to a thin person is often fatal to him or her, as the case may be.* The recent epidemic of influenza has illustrated this over and over again. Cases of this disease, where complicated with bronchitis or pneumonia in fat people, owing to the weak state of a heart burdened by fat, have been almost invariably fatal. This is not to be wondered at. The fat person is also debarred from riding and other active exercise, and many pleasures that are supposed to make life tolerable.

23. Some races of men are more subject to excess of fat than others ; but whether this depends upon heredity or mode of life is an open question. After the age of forty, particularly in women, from reasons that may be surmised, excess of fat becomes almost the rule. This is more common in single females than in those who have had the care of rearing families. Again, the Hottentot is almost always protuberant ; the German is proverbially fat, and the Frenchman generally so about the abdomen ; the Scotch are thin as a rule ; so are the Irish. What the Englishman is may be judged by the satire of the age, and the jolly John Bull sort of man depicted in the pages of *Punch* may be supposed to represent the national tendency.

24. Among the determining causes of corpulency, the first is, of course, excess of food—*more especially certain kinds of food*—too little work, and too great an appetite, though some people, curiously enough, may be very fat and still have poor appetites ;* while others remain thin on the most luxurious diet. Drink has also its influence. Fat

* Very plain diet may be *very fattening diet* indeed, as will be seen further on. It is perfectly amusing to hear people wonder they grow fat on plain bread and butter, fat meats, pastry, sweets, beer, sweet wines, and other things that they are pleased to call plain food.

people usually take a large quantity of liquid, and this is generally something with more body than water, and in some of its forms, as in sweet wines and malt liquors, it is very fattening.*

25. Deficient muscular exercise, by diminishing the amount of wear of tissue (oxidation of tissue, as physiologists call it), favours obesity; and since, as a rule, the stouter the person the less capable he is of taking exercise, these two conditions react one upon the other to the advantage of fat-production. Nervous influence has much to do with fat; the high-strung, nervous individual is seldom obese. On the other hand, the stupid, heavy, non-intellectual person, or the idiot, is, as a rule, flabby and fat; and, as I before remarked, the phlegmatic person is generally obese.

26. All those states of the system that prevent the proper circulation of the blood favour obesity, by limiting its oxygenizing power, and thus preventing its conversion into carbonic acid and water, and its elimination from the system by the breath.† In this way exercise, by rapidly

* The German method of reducing fat by debarring fluid at meals practised by Professor Schweninger does not suit English people at all, and is most painful and slow in its results. It may answer in Germany, as the Germans are always *swilling* their beer, and it is necessary to break this habit. Fluid is *not* fattening if it is free from sugar and starch. I can speak with some authority on this subject.

† In cases I have had occasion to treat this has been so. One gentleman of thirty-two, who weighed 16 stone 1½ lb., was obliged to give up shooting, tennis, and other amusements. A reduction of 25½ lb. in two months and a few days made him feel younger by ten years, and able once more to adopt his old mode of life. He now writes me and says: 'When I saw you—May 19, 1890—I weighed 16 stone 1½ lb., as you know, and measured over the chest 48 inches, and round the waist 48 inches. My weight now—July 31—is 14 stone 6 lb., and my chest measures 45 inches, waist 42 inches. Before I commenced the slightest exertion tired me, but now I am pleased to say I can play lawn tennis, do any amount of walking, and exercise of every description; in fact, I am quite a different man, feel ten to fifteen years younger, and was never in better health. Before I came under your care I could not sleep, but now I sleep all night through.'

circulating the blood through the lungs, gets rid of fat from the system.

27. It will be noticed that fat people, as a rule, have muddy-pale complexions. This is in a measure due to an excess of fat, and a want of iron in the blood. It is also due to the sluggish circulation in such persons; in their case the blood is not fully oxygenated. This is the reason why outdoor exercise gives a healthy colour, and people living in the country are more ruddy and fresh looking than those residing in populous towns, or in a vitiated atmosphere.

28. The power of enjoyment is limited in the corpulent person, as exertion is attended with breathlessness,* which forbids active exercise. Then, as a matter of course, come constipation (as the muscular tissue of the bowels gets flabby), piles, and varicose veins to add to the victim's discomfort. The fat man often ails without apparent cause, is more liable to catarrh and diarrhoea due to the plethoric and congested state of the mucous membranes, and, dependent on a congested state of the system, to giddiness, headache, flushed face, and a bloated countenance.

29. Fat people are also highly susceptible to colds and bronchitis; indeed, there is a form of congestive bronchitis dependent upon an acid state of the blood and system loaded with waste products that are not eliminated, almost peculiar to such individuals. In these cases a reduction of fat by dieting is attended with the happiest results, and, as a rule, there is no return of boarse catarrh, so troublesome and persistent in the winter. Fat people are very subject to pain in the knees when walking and in the soles

* A patient of mine, who is manager of a factory in the north of England, became so obese as to be unable to walk upstairs to his work—he was 18 stone 11 lb. After a loss in weight by diet of 74 lb. (5 stone) he is quite active again, and strong and healthy. A well-known member of Parliament tells me the same tale of his ability, after a course of dieting, to run upstairs in some parts of the House of Commons.

of the feet, due to the fact that they are generally gouty and rheumatic, and to the weight they have to carry.

30. The corpulent female is still worse off. The tight corset that is called in requisition to give the semblance of a waist impedes the breathing, and forces the internal organs into unnatural positions, thereby causing great difficulty of breathing, derangement of the digestive apparatus, foul breath, and liability to perspiration on the least exertion ; and worse than this, as a result, the complexion becomes pasty and the features puffed—a disastrous state of affairs where beauty is an object to retain ; and where is it not ?

31. If there were no other reason—and there are plenty more—the female who is becoming ‘embonpoint’ should undergo proper dieting for its reduction, as it is rare to find it stop at ‘plumpness’ ; and after youth is over it generally increases to unpleasant proportions, so that the victim begins to look matronly before her years demand it—a state of affairs that few of the sex look forward to with pleasure. More than this even, life is shortened by twenty years, where the accumulation of fat goes on unchecked until middle age is reached.

32. The corpulent person ages before his time, and before middle age arrives has lost the activity and muscular power that conduces to robust health. His or her figure bears the impress of advancing age early, but proper dieting will obviate even this ; for a lady whom I treated some time ago writes me : ‘I feel grateful every recurring day for the benefit gained. I should say that I now weigh under nine stone, and at the age of *fifty-seven* have regained almost the figure and elasticity of my young days.’

33. The fat man is liable to profuse sweating. This, being highly acid, causes chafing in the groin, with painful eruptions. Where this takes place, the parts become sore and inflamed. He is also more subject to gout, and his urine

always contains uric acid to excess; therefore the same may be said of his liability to rheumatism. He is more liable to disease than a thin person, with this disadvantage, that ailments in him run a more unfavourable course, and he bears treatment worse. Further, he is more difficult to treat in illness on account of his inability to stand lowering measures, and suffers from debility longer during convalescence. The fat man when he goes for his periodical flushing out to the Spas abroad, comes home a pitiful object, weak, limp, and washed out. He is undoubtedly thinner, but he is utterly out of condition. So he sets to cramming again, *to gain strength*, and as he does not know what food he should eat he lays on fat, and lays in a store of gout and rheumatic poison; then probably for nine months in the year he has to walk like a decrepit old man again.

34. When too much food is indulged in, the internal organs become embarrassed by the waste in the system that is not eliminated, and a feeling of weakness ensues, which quickly passes away if exercise is taken and dietetic measures carried out. Diet may also be said to influence the character of men and nations, meat-eating people being more energetic, more determined, and stronger than those who live principally on vegetables.

35. Growth and temperament are also influenced by food, and in the case of bees even the sex.

36. With age, corpulency increases permanently, unless some exhausting disease, such as chronic bronchitis or diabetes, comes on, so that excessive fat should always be regarded as a grave matter, in every way likely to shorten life, to say nothing of making it a burden by its encumbrance. Death by faintness from an overloaded fat-encumbered heart or overloaded stomach, by gout following years of over-eating and under-breathing, inducing changes in affected tissues and deposits of chalk in vital parts, by apoplexy from congestion and weakness of the blood-vessels, by bronchitis

or dropsy from the poorness of the blood and the languid state of the circulation, often closes the scene about the beginning of the sixth decade. It is a misfortune to the sufferer that corpulency should be painless, though even pain will not teach some people to be wise. All the agony of an attack of gout is thrown away on the *bon vivant*, and Abernethy was quite right when he said that no man would attend to his digestion till death stared him in the face.*

37. 'Recognising that accumulation of fat is a perversion of nutrition which, if once established, and with a strong hereditary predisposition, cannot be cured by medicine of any kind, and it is only amenable to proper dietetic management, it follows that we should endeavour to prevent as far as possible its increase by avoidance of the factors which science tells us are favourable to its development. The cardinal rule in any procedure that may be adopted is to avoid *heroic* treatment, such as purging, bleeding, violent exercise, starving, and other dangerous means; for though thereby the fat may be diminished, the result may be attained by establishing a worse state of the body.' When it is proved beyond doubt that by the application of science to diet, a loss of fat far greater can be safely insured, it is simply criminal to take medicines for the purpose when these do permanent harm to the constitution, and do not after all accomplish the object for which they are taken.

The following, then, are the objects that should be carried out, and are carried out by the system of dieting I advocate, a system which is approved of by the medical profession,

* A gentleman whom I had dieted for obesity, and who was too fat to enjoy anything but the pleasures of the table, but who in the past had been fond of hunting and shooting, told me, after he had got down to fair proportions, that he had weighed the matter of 'living to eat' well in his mind, and that the increased comfort and pleasure of an existence not overburdened with fat, was superior to that of excess at the table, and for the future he should 'eat to live.'

so many of whom have tried it in their own persons, and have expressed their gratitude to me for the benefit derived :

1. To improve by exercise the muscular tissue, and by diet to keep the muscles of the body in firm fibre and tone.
2. To maintain the blood in its normal and healthy composition.
3. To regulate the quantity of fluid in the body, by freeing the action of the skin and kidneys.
4. To prevent the deposit of fat, by eliminating from the diet an excess of those articles which create it, but are not otherwise useful in the economy.
5. To allow quite sufficient food, and many luxuries, so as to satisfy the cravings of nature and the wants of the system, and yet by dietetic means to reduce corpulency at the rate of four to six pounds per week at first, and more gradually after, so that in a given time the weight should not exceed the proper standard, and to do this with perfect safety and permanent improvement to the constitution.

RECENT METHODS OF TREATING OBESITY.

38. Perhaps after some years of experience in the treatment of obesity, extending over many thousands of cases, a few words here on the subject may not be out of place, particularly regarding other methods of reducing weight practised abroad and here.

I may premise by saying that the dietetic treatment of obesity, if conducted on proper lines, is absolutely safe and permanent, and that it means an increased length of life, a strengthening of the nervous and muscular systems, and improvement in health and condition.

I have repeatedly explained that the fat man's life is

always in danger, and the recent epidemic of influenza has instanced this to me in hundreds of cases. The weakening of the muscular structure of the heart that occurs in obesity is always a grave symptom. Under these circumstances, when the heart is called upon to do extra work, as it is in the case of exhausting or inflammatory disease, it soon fails.

I have seen some painful instances of this within the last few months, during the recent epidemic. I regret to say that I have also seen, in the long experience that I have had in treating this condition, many deplorable cases of suffering and death from taking quack medicines for the purpose of reducing weight.

Under no circumstances can these remedies be safe. If they reduce weight, they do it at the expense of health, as I have so persistently pointed out; and though numbers of these compounds are advertised as perfectly harmless, and, indeed, beneficial in every way, they are absolutely poisonous, and are followed by the most disastrous consequences in the shape of persistent indigestion, sickness, loss of nerve power, and general debility.

I know that it is perfectly vain to attempt to teach people these facts; they will take quack medicines, and no amount of argument will prevent them. People trust the quack with their lives who would not trust him with the loan of a sixpence. They seem to believe advertised testimonials as if they were guaranteed by a prominent physician, forgetting that many obscure prints can be got to write any falsehoods and back up any quackery under the sun. These lying testimonials are paraded in papers that ought to know better than to insert them, and the public believe in their statements as if they were scientific truths.

I should not write so strongly on the subject did I not see constantly the evil effects of the quackery I describe.

With regard to well-known systems of treating obesity by diet, the most familiar of foreign systems is that of Professor Schweninger. His treatment seems to consist in

limiting the amount of fluid drunk, more especially during meals. This naturally makes it very painful to the patient to carry out. He also considerably curtails farinaceous food. The system answers very well in Germany, but does not seem to suit English people at all. The reduction of fat is very slow, and from my experience of many cases previously treated by Professor Schweninger it does not suit English habits, the customs of the people being so different to those of the German, who, as is well known, drinks large quantities of thin beer. This habit has to be broken with the German, and the only way to do this is to stop fluid altogether.

Another system of treating obesity was practised in London by the late Mr. Towers-Smith. This consisted in giving large quantities of meat and fish and little else for some time, but patients found it very monotonous. Of late I believe the treatment was slightly modified, and was brought more within the lines that I have advocated for some years of treating each case on its merits, and apportioning the diet to the mode of life and requirements of each patient, the only system that ensures permanent success.

While on the subject of obesity a few remarks may be made on a preparation in the nature of diet, if it may be called such, known as thyroid powder. This is a substance procured from the thyroid gland of the sheep, and some time ago had considerable repute in the treatment of corpulence; but in inexperienced hands, as might well be supposed, in some cases injury arose. By the wish of some eminent confrères I tried it (being in the nature of a dietetic substance) in treating cases of obesity, and I found that with some patients it undoubtedly did increase the loss of weight most materially; but, of course, the diet and the thyroid at the same time were strictly regulated. A long account of its influence in this direction appeared (written by me) in a medical paper in July, 1894.* My experience of this sub-

* *British Medical Journal.*

stance was that under no circumstances should it be taken except under medical supervision, as if not administered in proper doses and at proper intervals it was very apt to cause sickness and even faintness, with other unpleasant symptoms, and for this reason, like many other useful remedies, it should only be used in exceptional cases. I, however, believe that in certain cases it is of great value, and in proper hands may be made an adjunct to reducing weight and admit of greater latitude in the way of diet, which to those who are fond of *good things* is a great matter.

To illustrate the influence of diet, and diet only, in the treatment of obesity I have thought it advisable to insert the following table of 500 typical cases treated by diet alone. Four hundred of these appeared in a long article in the *Provincial Medical Journal* some months ago. It will be noticed that the loss of weight in one case extends to the enormous total of 111 lb., and in this case, which came under my care three or four years ago, the patient wrote me recently to say that she has been in perfect health ever since. In another case, after a loss of 82 lb., the patient wrote to me, now years after, that her health has been perfect ever since, and that the weight has not been put on again. Weight is *never* put on again after a *proper course of dieting*, because old habits of taking excess of fattening foods become thoroughly broken. A very large amount of latitude may be allowed on a *stationary* diet. It is difficult to make sufferers from obesity understand this.

Of course, while weight is being lost, the diet should be carefully supervised, and the patients be under strict surveillance and observation.

To anyone suffering from obesity the following table will show what can be done, and this with absolute safety and with very little hardship, the hardship, if there is any at all, being only for a short time :

THESE ARE 500 SELECTED TYPICAL CASES IN WHICH THE TREATMENT WAS
CONTINUED UNTIL FAIRLY NORMAL WEIGHT* WAS REACHED.

| Original Weight.* | Time under Treatment. | Number of Patients. | Average Loss in Weight and Girth.† | | Greatest and Least Losses in Weight. | | Greatest and Least Losses in Girth. | | Number of Cases. | |
|----------------------|-----------------------------|------------------------|---|-----------------|---|------------------|--|-----------------|---------------------|----|
| | | | Wgt. | Gth. | Gtst. | Lst. | Gtst. | Lst. | M. | F. |
| 8 st. to 9 st. ... | 2 months | 4 | 1b. | ins. | lb. | lb. | ins. | ins. | — | 4 |
| 9 st. to 10 st. | 6 weeks | 5 | 12 $\frac{1}{2}$ | 4 $\frac{1}{2}$ | 19 | 8 | 7 | 4 | 1 | 4 |
| " | 2 months | 4 | 15 $\frac{1}{2}$ | 5 | 22 | 9 $\frac{1}{2}$ | 8 | 3 $\frac{1}{2}$ | — | 4 |
| " | 3 " | 4 | 17 | 5 $\frac{1}{2}$ | 24 | 9 $\frac{1}{2}$ | 8 $\frac{1}{2}$ | 4 | — | 2 |
| " | 4 " | 2 | 21 | 6 | 24 | 18 | 7 | 5 | — | 2 |
| 10 st. to 11 st. | 1 month | 15 | 13 $\frac{1}{2}$ | 4 $\frac{1}{2}$ | 16 $\frac{1}{2}$ | 7 $\frac{1}{2}$ | 7 | 3 $\frac{1}{2}$ | 3 | 12 |
| " | 2 months | 14 | 17 $\frac{1}{2}$ | 5 | 28 | 14 | 9 $\frac{1}{2}$ | 5 | 1 | 8 |
| " | 3 " | 9 | 24 | 6 | 34 | 17 | 10 | 5 $\frac{1}{2}$ | — | 4 |
| " | 4 " | 4 | 24 $\frac{1}{2}$ | 6 $\frac{3}{4}$ | 42 | 17 | 10 | 5 $\frac{1}{2}$ | 3 | 12 |
| 11 st. to 12 st. | 1 month | 15 | 14 $\frac{1}{2}$ | 4 $\frac{1}{2}$ | 20 | 9 | 6 | 3 | 5 | 12 |
| " | 6 weeks | 17 | 16 $\frac{1}{2}$ | 5 | 25 | 10 $\frac{1}{2}$ | 6 $\frac{1}{2}$ | 4 | 4 | 21 |
| " | 2 months | 25 | 19 | 5 $\frac{1}{2}$ | 26 | 11 $\frac{1}{2}$ | 7 | 4 | — | 21 |
| " | 3 " | 10 | 23 | 6 | 33 | 19 | 11 $\frac{1}{2}$ | 5 $\frac{1}{2}$ | 1 | 9 |
| " | 4 " | 4 | 32 | 8 | 37 | 30 | 9 | 7 | — | 4 |
| " | 5 " | 2 | 31 $\frac{1}{2}$ | 8 $\frac{1}{2}$ | 39 | 24 | 10 | 7 | — | 2 |
| 12 st. to 13 st. | 1 month | 26 | 14 $\frac{1}{2}$ | 4 | 21 | 10 | 6 $\frac{1}{2}$ | 3 $\frac{1}{2}$ | 7 | 19 |
| " | 6 weeks | 12 | 19 $\frac{1}{2}$ | 4 $\frac{1}{2}$ | 24 | 17 | 7 | 4 | 5 | 7 |
| " | 2 months | 20 | 22 | 5 $\frac{1}{2}$ | 28 | 14 | 9 $\frac{1}{2}$ | 5 | 7 | 13 |
| " | 3 " | 12 | 29 | 6 | 32 | 18 | 10 | 4 $\frac{1}{2}$ | 2 | 10 |
| " | 4 " | 4 | 30 | 6 | 36 | 21 $\frac{1}{2}$ | 10 | 7 | 1 | 3 |
| 13 st. to 14 st. | 1 month | 10 | 15 $\frac{1}{2}$ | 4 $\frac{1}{2}$ | 18 | 10 | 7 | 3 | 3 | 7 |
| " | 6 weeks | 15 | 19 | 5 | 24 | 14 | 8 $\frac{1}{2}$ | 3 | 6 | 9 |
| " | 2 months | 25 | 20 $\frac{1}{2}$ | 5 $\frac{1}{2}$ | 32 | 14 | 9 | 4 | 7 | 18 |
| " | 3 " | 20 | 28 | 6 | 42 | 18 | 11 | 5 | 9 | 11 |
| " | 4 " | 7 | 30 | 7 | 44 | 19 | 11 $\frac{1}{2}$ | 5 | 3 | 4 |
| 14 st. to 15 st. | 1 month | 5 | 15 $\frac{3}{4}$ | 4 | 17 | 12 $\frac{1}{2}$ | 6 | 3 | 2 | 3 |
| " | 6 weeks | 10 | 21 | 5 | 28 | 18 | 8 | 3 | 5 | 5 |
| " | 2 months | 25 | 23 | 5 $\frac{1}{2}$ | 30 | 19 | 8 | 3 | 10 | 15 |
| " | 3 " | 21 | 28 | 7 $\frac{1}{2}$ | 42 | 23 | 13 | 6 | 9 | 12 |
| " | 4 " | 4 | 42 | 9 | 56 | 34 | 14 | 7 | 2 | 2 |
| " | 8 " | 4 | 44 | 9 $\frac{1}{2}$ | 76 | 36 | 20 | 9 | 2 | 2 |
| 15 st. to 16 st. | 1 month | 12 | 16 | 7 | 20 | 11 | 9 | 3 | 6 | 6 |
| " | 6 weeks | 10 | 22 | 7 | 25 | 11 $\frac{1}{2}$ | 9 | 3 $\frac{1}{2}$ | 6 | 4 |
| " | 2 months | 15 | 27 | 7 $\frac{1}{2}$ | 34 | 14 $\frac{1}{2}$ | 9 | 4 | 9 | 6 |
| " | 3 " | 10 | 34 | 9 | 46 | 19 | 11 $\frac{1}{2}$ | 5 | 5 | 5 |

* Treatment being continued until normal weight was reached, the heights of patients in this table correspond to those given, height for weight, in the table on p. 27.

† Girth means abdominal naked measure.

| Original Weight.* | Time under Treatment. | Number of Patients. | Average Loss in Weight and Girth.† | | Greatest and Least Losses in Weight. | | Greatest and Least Losses in Girth. | | Number of Cases. | |
|-------------------|-----------------------|---------------------|------------------------------------|------|--------------------------------------|------|-------------------------------------|------|------------------|-----|
| | | | Wgt. | Gth. | Gtst. | Lst. | Gtst. | Lst. | M. | F. |
| 15 st. to 16 st. | 4 months | 4 | 1b. | ins. | lb. | lb. | ins. | ins. | 2 | 2 |
| | 6 " | 2 | 41 | 9 | 47 | 28 | 11½ | 7½ | — | 2 |
| 16 st. to 17 st. | 2 " | 10 | 26½ | 6½ | 30 | 20 | 12 | 10 | 4 | 6 |
| | 3 " | 13 | 35½ | 8½ | 49½ | 29½ | 13 | 6½ | 9 | 4 |
| 17 st. to 18 st. | 5 " | 14 | 52½ | 12 | 64 | 43 | 17½ | 8 | 8 | 6 |
| | 8 " | 4 | 56 | 12½ | 82½ | 46 | 17½ | 9 | 2 | 2 |
| 18 st. to 19 st. | 1 month | 4 | 17 | 6 | 22 | 16 | 7 | 4 | 2 | 2 |
| | 6 weeks | 4 | 23 | 7½ | 28 | 19 | 8 | 4 | 3 | 1 |
| 19 st. to 20 st. | 2 months | 4 | 25 | 7½ | 29 | 20 | 8 | 4 | 3 | 1 |
| | 3 " | 10 | 35 | 7½ | 50 | 29 | 9½ | 5 | 6 | 4 |
| 20 st. to 21 st. | 4 " | 3 | 41½ | 9 | 46 | 38 | 10 | 8 | 2 | 1 |
| | 6 " | 3 | 45½ | 9½ | 48 | 38 | 11 | 8 | 2 | 1 |
| 21 st. to 22 st. | 12 " | 1 | 111 | 14 | 111 | 111 | 14 | 14 | — | 1 |
| | 2 " | 6 | 32 | 5½ | 37½ | 26 | 7 | 4 | 4 | 2 |
| 22 st. to 23 st. | 3 " | 5 | 35 | 6 | 44 | 28 | 8 | 4 | 3 | 2 |
| | 4 " | 2 | 49½ | 10 | 52 | 47 | 10 | 10 | — | 2 |
| 23 st. to 24 st. | 6 " | 1 | 58 | 12 | 58 | 58 | 12 | 12 | — | 1 |
| | 2 " | 4 | 28 | 7½ | 36 | 26 | 9 | 6 | 2 | 2 |
| 24 st. to 25 st. | 4 " | 4 | 42 | 8 | 46 | 40 | 11 | 7 | 3 | 1 |
| | 5 " | 1 | 67½ | 13 | 67½ | 67½ | 13 | 13 | — | 1 |
| | | 500 | | | | | | | 182 | 318 |
| | | | | | | | | | | 500 |

The benefits of dieting for obesity are manifold and life-long. A great deal of nonsense has appeared of recent years in the press on this subject, and of course, as is always the case, people who know nothing about a thing seem to think that they know most and can advise the best. No doubt if I told the editor of an important paper that inexperienced people were equally able to do his work with himself, he would promptly disagree with me. The inference is plain.

* Treatment being continued until normal weight was reached, the heights of patients in this table correspond to those given, height for weight, in the table on p. 27.

† Girth means abdominal naked measure.

It would have been easy for me to have compiled a table of 2,000 cases, but many patients who commence treatment fail to carry it out for the required length of time, and therefore many would have shown a loss of a few pounds where they should really have lost stones; but naturally every physician has to advise people who will not carry out his instructions, and whose love of the table is greater than their love of life, comfort, and happiness. Knowing the weakness of human nature, I have endeavoured in every way to consider it, and to make a reduction of fat compatible with having every luxury that it is possible to have, having regard to the fact that *for a time* fattening ingredients must be cut out of the dietary. More than this is impossible.

FOOD REQUIRED, AMOUNT OF.

39. 'It may be fairly concluded,' says Dr. Pavy, 'that the requirements as regards food vary with exposure to different conditions. According to the expenditure that is taking place, so in a good scheme of dieting should materials be supplied which are best calculated to yield what is wanted. Under exposure to hard labour and inactivity, and to a high and low temperature, the consumption of material in the system differs, and the supply of food should be regulated accordingly. The laws of nature,' he continues, 'are such as to conduce to an adaptation of the supply of food to the demand; and if, from constitutional reasons, they do not do this, the dietitian must be called in to regulate and guide them into the proper channel.'

40. Exercise and exposure to cold increase the appetite, and lead to a larger quantity of material being consumed; on the other hand, a warm climate and an inactive life reduce the inclination for food. A labourer who is badly fed can do but a poor day's work, and a starving man falls an easy victim to the effects of exposure to cold.

41. ' Practically it is found that hard work is best performed under a liberal supply of nitrogen-containing food (*i.e.*, meat). The reason is that it leads to a better-nourished condition of the muscles and the body generally. Under the use of animal food, which is characterized by its richness in *flesh-forming* matter, the muscles are observed to be firmer and richer in solid constituents than under subsistence on food of a vegetable nature ;' and it is also obvious that under animal food there is not that danger to corpulency which obtains under a vegetable diet, *unless from that vegetable diet* be eliminated those particular articles that contain too large a percentage of sugar and starch. To sum up, science teaches us that a liberal supply of meat is necessary to maintain muscles in a good condition for work, as exercise is to make them firm and red, and the result of experience tends to confirm it.

42. None the less is it necessary to limit a meat diet and *dilute* it with a proper admixture of *vegetable and other material*, to keep the blood in a proper and healthy state, and only where it becomes a question of reducing corpulency does it matter what vegetable is taken for this purpose or relatively the amount. In these pages those vegetables only are given which contain a percentage of fattening principles not in excess of what the system can utilize, and this is of vital import and the key of the whole system. A large and varied choice still remains to satisfy the epicure and the dietitian.

43. In dieting for obesity it is best to seek the advice of someone who makes the condition his particular study, for it is advisable that the weight should be taken weekly, the girth the same, and that the constitution, habit, age, sex, of the sufferer should be considered. In treating patients at a distance by correspondence, and I have successfully treated some hundreds in every condition of life, I make them fill up a form embodying all this, so as to see that, while the reduction is going on, the health and strength are

improving, and the different organs acting harmoniously.* In no other way can success attend the treatment. This gives the patient confidence, and once the treatment is begun, as the patient loses fat and gains strength, it is seldom that under these circumstances he fails to assist in every way to carry it out. Corpulent people are not wise in treating themselves for obesity, or seeking the advice of electrical and other quacks for this purpose. As a rule the fat suffer from sluggish liver, constipation, piles, and an excess of uric acid (gout poison) in the system, and they aggravate these by quack remedies and irritating purgatives. The proper aperients for such people are the natural alkaline mineral waters, and of these the 'Franz Josef' is the best. It can be bought at any chemist's.

44. I constantly have people consult me who have taken the medicines of the many advertising quacks with the most disastrous results, the digestive organs being permanently injured. When will people learn that, as improper diet is the cause of obesity, a proper diet will remedy the evil, and do this permanently without any hardship or starving; and that no other remedy is safe?

45. It will be asked, What is the ordinary amount of mixed food an ordinary-sized person should take?† An

* A gentleman who commenced dieting on May 30, and whose weekly statement of results was most carefully given, writes me at the end of seven weeks, thus, July 20: 'Herewith results: girth round neck, 15½ inches; chest, 41 inches; abdomen, 42 inches. Weight, 12 stone 11 lb. 6 oz. Weight of clothes, 9 lb. 12 oz. Loss, 3 lb. Lost first week, 4 lb. 2 oz.; second week, 4 lb. 2 oz.; third week, 1 lb. 14 oz. (away from home); fourth week, 3 lb.; fifth week, 3 lb.; sixth week, 1 lb. 12 oz.; seventh week, 1 lb. 2 oz. Total loss in seven weeks, 19 lb. Health and condition, first-class.'

† Prison diet, where hard labour is done, consists of 184 oz. of solid dry food per week. This 184 oz. is made up of meat, bread, cocoa, oatmeal, milk, treacle, barley-meal, salt, cheese, flour, suet, carrots, onions, potatoes. This would mean about 52 oz. of moist food per day; for of course the water is not reckoned when the amount of food is chemically considered. Banting's dietary is about 10 oz. a day of *dry food*, which is bare subsistence diet. Banting's system of reducing obesity has passed into well-merited oblivion.

average healthy male adult of medium weight and height and performing a moderate amount of work requires

4½ oz. of nitrogenous-food,*
 3 oz. of fats (hydro-carbons),
 14½ oz. of carbo-hydrates,†
 1 oz. of salts.

This diet is equivalent to a little over 46 oz. of moist solid food.

46. The above ingredients would be contained in $\frac{3}{4}$ of a lb. of meat and a little less than 2 lb. of bread, or in 17 hens' eggs of ordinary size, supposing eggs only were eaten, which it is needless to say would be impossible.

47. Now, this diet, carried out in daily life, would suit those who have *no tendency to corpulency*, that is, it contains food for all purposes—food to nourish the body tissues, *i.e.*, meat; and food to be converted into heat, *i.e.*, bread; but if a person wished to reduce weight this diet would not answer the intention, for the proportion of meat is too little for the purpose, and the carbo-hydrate, *i.e.*, bread, is in too great excess. In fact, it would be necessary to considerably more than reverse it, at least for a time.

48. Dr. Lyon Playfair has estimated the quantity of diet required under varying conditions of work as under :

| | | | | NITROGENOUS. | CARBONACEOUS. |
|-------------------|-----|-----|-----|--------------|---------------|
| Subsistence only | ... | ... | ... | 2·0 oz. | 13·3 oz. |
| Quietude | ... | ... | ... | 2·5 " | 14·5 " |
| Moderate exercise | ... | ... | ... | 4·2 " | 23·2 " |
| Active work | ... | ... | ... | 5·5 " | 26·3 " |
| Hard work | ... | ... | ... | 6·5 " | 26·3 " |

* This embraces meat of all sorts—eggs, milk, and certain constituents of vegetables.

† Carbo-hydrates mean bread, sugar, and all vegetables containing starch and sugar.

49. It will thus be seen that subsistence diet would be represented by about 28 oz. of ordinary moist food per day, and hard work diet by about 60 oz. of the same, and here we will take the amount of food allowed by those who, like Banting, form a dietary for the reduction of corpulency.

50. It is admitted that the human body decreases in fat if the daily food consists of the three great groups of food in the following proportions :

Albuminous food about $4\frac{1}{2}$ oz.,

Fatty food $1\frac{2}{5}$ oz.,

Starchy food (carbo-hydrates) $5\frac{1}{2}$ oz.

This means, under ordinary circumstances, about 22 oz. of moist food daily, and this is not sufficient in amount for continued safety.

51. With such a diet, of course, there would be loss of fat, but at the same time the mechanism of the body would be starved too much, and the energy, muscular and nerve power would be diminished, so that a person would feel weak and below par. This should not be. Indeed, where the food is properly adjusted to the requirements of the sufferer from obesity, strength and constitutional stamina should improve from the commencement.

52. Banting's system was slow starvation ; it reduced weight, but it reduced vitality and strength at the same time, and was not scientifically correct, for if the fat-reducing food is taken from the dietary, the muscle and brain-forming food must be considerably increased, for by this means not only is the strength increased, but the organs that help to consume the fat are kept in working order, the greater amount of oxygen taken by the lungs acting as a blast of air does in the furnace, and assisting in burning away the waste, *i.e.*, fat. This, in a few words, is the principle carried out in this work. Due regard has, of course, to be paid to the circumstances of each case, and the degree of obesity, for the greater the weight to height, the greater the amount of nitrogenous food (*i.e.*, meat) required. It will thus be seen that by my

system the surplus fat in the body is consumed to keep up the heat ; it is the storehouse from which Nature derives fuel for this purpose, and when the food taken is properly adjusted to this end, and for this purpose, no fat being made, the surplus store of the corpulent person is consumed at the rate of from $\frac{1}{2}$ lb. to 1 lb. a day, and at this rate he loses weight, and this with safety. The following quotation from a lady's letter will show that scientific dieting will not only reduce obesity rapidly but will at the same time strengthen the muscular and nervous systems and improve the general health in every way : ' I have adhered to your instructions implicitly, and am delighted with the results ; I feel so much lighter and better in every way, apart from my improved appearance. I had tried so many quack remedies and found them all failures, as well as weakening myself in the trial of them. I feel ten years younger, and my friends say I look it, my complexion is so much fresher.'

53. From 22 to 26 oz. of solids, and about 35 oz. of liquids per day, constituted Mr. Banting's allowance. If we allow for water chemically combined with the food, the daily amount of solids may be set down at from 11 to 13 oz. Now this is far from a generous allowance, even if it were of the most fattening materials, and no wonder he got thin on it. The diet tables of prisons, of London needlewomen, and that of the cotton operative during the Lancashire cotton famine, averaged, of nitrogenous matter (meat) 2.30 oz., of fat $\frac{3}{4}$ oz., and of starch and sugar $11\frac{1}{2}$ oz.

54. I often have to combat the idea that liquids fatten, and many tell me, who have tried a German process of reducing obesity, where scarcely any fluid is allowed, that this was the most painful part of it. Water—pure water—is not fattening in any quantity, and the reason the German as a rule is fatter than the Englishman is that he is always swilling thin beer, and this contains sugar and other fattening substances. I allow any quantity of fluid and even a

pint of wine a day to those who drink it, but this must be of a wine I approve of, a wine containing neither sugar nor tannin. See p. 50. Dr. Salisbury, whose system of treating obesity, by *lean meat only*, is so well known in America, expects his patients to drink *four pints* of hot water daily!

55. The following figures show what should be the relative height and weight of a person of adult age in good health:

| | | | | MEAN WEIGHT. | | | | |
|--------------|-----------------|-------|-----|--------------|----------|-----|----|----|
| EXACT ft. | STATURE. in. | MALE. | | | FEMALE. | | | |
| | | st. | lb. | lb. | st. | lb. | | |
| 5 | 1 | - | - | 8 | 8 or 120 | - | 7 | 12 |
| 5 | 2 | - | - | 9 | 0 „ 126 | - | 8 | 2 |
| 5 | 3 | - | - | 9 | 7 „ 133 | - | 8 | 9 |
| 5 | 4 | - | - | 9 | 13 „ 139 | - | 9 | 2 |
| 5 | 5 | - | - | 10 | 2 „ 142 | - | 9 | 9 |
| 5 | 6 | - | - | 10 | 5 „ 145 | - | 9 | 13 |
| 5 | 7 | - | - | 10 | 8 „ 148 | - | 10 | 8 |
| 5 | 8 | - | - | 11 | 1 „ 155 | - | 11 | 3 |
| 5 | 9 | - | - | 11 | 8 „ 162 | - | 12 | 0 |
| 5 | 10 | - | - | 12 | 1 „ 169 | - | 12 | 6 |
| 5 | 11 | - | - | 12 | 6 „ 174 | - | 12 | 13 |
| 6 | 0 | - | - | 12 | 10 „ 178 | - | 13 | 5 |

56. It reads thus: a man in his clothes, of 5 feet 8 inches, should weigh 11 stone 1 lb.; he may exceed this by 7 per cent., and so attain 11 stone 12 lb. without affecting his vital capacity; beyond this amount his respiration becomes diminished.*

57. Banting, Ebstein, and Oertel, the three men whose systems have been largely adopted for reducing obesity, advocate the different foods in the following proportions:

* Where the weight for height exceeds this standard, insurance offices of the best class put on an extra premium, as, of course, the chances of attaining long life are diminished; and still, in spite of this and every fact which teaches that excess of fat is dangerous to life, patients tell me that when they begin to look thinner friends say, 'Take care you don't hurt yourself,' and so on, *ad nauseam*. Truly, ignorance and prejudice die hard.

| | ALBUMINOUS. | FAT. | CARBO. HYDRATES. |
|-------------|-------------|---------------------|--|
| Banting ... | ... | 6 | |
| Ebstein ... | ... | $3\frac{1}{2}$ | $2\frac{3}{4}$ |
| Oertel ... | ... | $5\frac{1}{2}$ to 6 | $1\frac{1}{4}$ $2\frac{1}{2}$ to $3\frac{1}{2}$ |

58. 'In taking appetite as a guide in regulating the supply of food,' says Dr. Pavy, 'it must not be confounded with a desire to gratify the palate. When food is not eaten too quickly and the diet is simple, a timely warning is afforded by the sense of satisfaction experienced as soon as enough has been taken, and not only does a disinclination arise, but the stomach even refuses it if this amount be far exceeded. With a variety of food, however, and especially food of an agreeable character to the taste, the case is different. Satiated with one article, the stomach is still ready for another, and thus, for the gratification of taste, and not to satisfy appetite, men are tempted to consume far more than is required, and also, it must be said, far more than is advantageous to health.'

59. It is plain, therefore, that a diet to reduce corpulency must not at first contain too great a variety or too many delicacies. This I find is the rock on which those split who attempt to draw up a fat-reducing dietary for themselves; as they are *unable* to discriminate between a dietary which does *not fatten* and a dietary which *reduces fat*, they lose very *slowly* or remain *stationary*. They cannot correctly apportion the different constituents of their daily food. As most of these people have come under my own observation for one reason or another since, a dietary adjusted according to their several requirements soon put things on a different basis, and the loss of weight became satisfactory. The loss of weight should be at least 20 lb. in the *first* two months.

60. This book is written to illustrate dieting as a scientific

system of curing corpulency, and to show what can be done, more than to teach sufferers how to do it themselves. They can diet themselves after they have been reduced to healthy proportions. In anything but slight obesity in young and healthy people, the diet must be most strictly regulated for each case, and someone who makes obesity a specialty, and who has had large experience in its treatment, and possesses a knowledge of dietetics, should be consulted, and asked to formulate a dietary, on this system, suitable to the particular individual interested.

61. Hospital diet furnishes a fair estimate of what is necessary for them under ordinary circumstances, and taking Guy's as an example, it is found that the daily allowance is $29\frac{1}{2}$ oz. of solid food, apart from the liquids supplied. This amount would represent $16\frac{3}{4}$ oz. of water-free material. The food actually supplied consists of 4 oz. of cooked meat, 12 oz. of bread, 8 oz. of potatoes, 1 oz. of butter, $\frac{3}{4}$ oz. of sugar, $\frac{1}{4}$ oz. of tea, and $3\frac{1}{2}$ oz. of rice pudding, made of rice, sugar, and milk. There is also a daily allowance of $\frac{1}{2}$ pint of porter and $2\frac{1}{2}$ oz. of milk. This diet is sufficient for the wants of the system under a condition of freedom from labour, and is *fattening*, but not strengthening.

62. A dietary to reduce fat must be carefully adapted to each particular case and temperament, and hereditary tendencies have to be considered, such as gout, rheumatism, weak heart, etc. The diet should be varied after each given loss of fat; in this way old habits of taking too much fattening food are broken, and the result of the course of dieting is made permanent, and life prolonged.

When normal weight is attained a more luxurious dietary than even that at the end of this book may be indulged in. But, naturally, a few simple rules applicable to age, sex, mode of life, and individual idiosyncrasies should be observed.

In dieting for obesity there should be no limit to the food; in fact, personally, I take care to give a larger amount than a person can ordinarily consume, but, of course, all

fat-forming ingredients must be cut out *for a time*, and the dietary should be made as palatable as possible under the circumstances, each person's particular taste being consulted as far as compatible with reduction of fat. Variety is important, and more important still is it that the food should thoroughly nourish the muscular and nervous system, so that increased energy and strength may be ensured while the reduction of fat is taking place. In fact, the victim of obesity undergoing dietetic treatment is like a ship in a storm: he requires some one to guide him, for he is not competent to do it himself with either safety or success.

63. Under any system of dieting for the reduction of obesity the food taken during the twenty-four hours should be divided into three meals—breakfast, lunch, or dinner, or breakfast, dinner, and high tea, according to the habits of the individual; and the amount of heat-sustaining food must be slightly increased or limited, according to age, habit, season, degree of obesity, etc.

64. A diet of this kind would be unendurable if there were no variety; but the endeavour of the author has been to give a variety, once more reminding the sufferer that food formed on this basis requires a larger amount of supervision at first to enable the system to properly assimilate it than does the ordinary every-day diet of ordinary people.

65. The Ebstein formula for reducing fat, which has many adherents in Germany, consists in very much restricting the food eaten, giving a large portion of fat, and curtailing those articles of diet that contain sugar and starch, his theory being that fat assists in the body, by its transformation into heat, in eliminating other materials. It is not believed now that fat creates fat. It is believed that by its combustion in the economy it keeps up heat, and at the same time oxidizes waste, much in the same way as, *if a man were a railway engine, the blast of air acts on the fuel used in stoking.*

66. My own opinion is that this is an error. I do not believe that fat assists in oxidizing waste; and it is

contrary to scientific opinion. Besides, few people can take fat in excess as he prescribes it; it makes them bilious, so that, in avoiding Scylla, they get into Charybdis. The system I have found so efficacious for the purpose consists in greatly increasing the amount of nitrogenous food, and giving plenty of those vegetables that do not contain carbo-hydrates—sugar and starch. By this means, as has before been remarked, no heat-producing food is taken, and as the fat in the body is used to keep up the heat of the body, as soon as the supply of the food that makes it is cut off, Nature draws upon that already accumulated in the system and uses it up.*

67. The system of diet advocated in these pages has some resemblance to that used in Germany by Oertel, but contains more energy-forming food; it provides for the rapid decrease of fat, and prevents its reaccumulation afterwards, and at the same time restores tone to the heart, muscular and nervous systems, which excessive corpulency much impairs. This system can be safely carried out in cases where the muscular tissue of the heart is invaded with fat, and there is breathlessness on exertion and incipient dropsy.† In such cases, as the loss of weight takes place, the ability and inclination to take exercise increases, and with this the heart gains power, and the surplus water in the system is carried off. In this the fact is accounted for of corpulent people often losing in the *first week* as much as 9 to 11 lb. in weight.

* On what other hypothesis can a person lose nearly a pound a day in weight under the system I adopt? A gentleman I am now treating called upon me on August 10. He had lost 9 lb. in weight in eleven days, and was feeling better and, needless to say, lighter for it. This man is suffering from advanced fatty degeneration of the heart; so it is in his case most desirable to reduce his corpulency, and at the same time to strengthen the muscles of the heart.

† In the case of a very obese lady residing near Northampton (whom I saw in consultation with her medical attendant), suffering from a fatty heart and dropsy, a course of dietetic treatment reduced her fat to a very great extent. The dropsy vanished, and she now feels a different person altogether. These are the cases where fat absolutely destroys life if allowed to go on accumulating.

68. A diet that involves no hardship can be constructed on this system ; the appetite fully satisfied, the strength increased, and still a loss of weight obtained, of 12 to 16 lb. a month—more if plenty of walking or riding or other exercise is taken. Exercise, by improving the quality of the blood as well as by circulating it more rapidly, assists the oxidation, *i.e.*, the consumption of tissue, especially of fatty tissue ; and that it does this may be shown by the fact that exercise absolutely increases the size of muscles, while it is at the same time reducing fat and weight.

69. There is really no difficulty in reducing corpulence by scientific dieting, and the result is certain and permanent. The difficulty is to get the sufferer—generally easy-going and indolent—to carry out any system for his good, if it is slightly irksome by the restraint it puts upon appetite, especially in those who perhaps may almost be said to 'live to eat' instead of 'eating to live.' It is also needless to say that any system, however good, for reducing redundancy of fat will be of no avail if the patient persists in eating between meals, or drinking what he should not, and does not go by the rules that may be drawn up for him while under treatment, and it must be remembered that it is only for a short time that a *strict diet* is *necessary*. I remember, three or four years ago, a gentleman coming to consult me ; he is well known in society, having spent some years in a crack cavalry regiment, and his remark to me was that he was fond of outdoor pursuits, hunting, shooting, etc., but that he had got too fat to enjoy them ; he was then over fourteen stone. Writing to me lately, he says : ' My weight a fortnight ago, in evening dress, was eleven stone twelve pounds. I have never felt better in my life, or more able to enjoy outdoor pursuits, having hunted all winter, three or four days a week, never feeling tired. I think I can turn quicker to hounds and have my wits about me at hunting as well as I could twenty years ago, and have as good nerve ; I am now fifty-seven.' A very satisfactory letter, it will be admitted.

70. Those who, like myself, treat corpulency, make two

most important distinctions in the form of the affection: namely, the slight form in which the organs of circulation are unaffected and where exercise is possible, and the more serious form in which fat is deposited in the muscle of the heart, which is thereby dangerously weakened, and as a corollary the healthy action of *all* the other organs in the body. The extreme breathlessness that occurs on slight exertion peculiarly marks this condition, and recurrent attacks of bronchitis in the colder months make it most necessary, if life is to be prolonged, that the surplus fat should be got rid of and the muscular tissue of the heart strengthened. This condition is known as fatty degeneration of the heart, and is the cause of sudden death from sudden exertion, or from flatulent dyspepsia during sleep, by impeded action of the heart. Where there is a suspicion that this form of corpulency exists, an examination of the urine should be made under the microscope, and otherwise, to test the condition of the kidneys by the specific gravity of the fluid, etc.

FOOD: ITS USES AND ULTIMATE ELIMINATION.

71. Popularly, we speak of the products we eat to supply the wants of the system as 'food' and 'drink,' and the ordinary individual does not care to analyze further the meaning of the words; but to the physiologist they have a far broader meaning, and in his hands their different properties and uses in the system are worked out; and in this way, by the light of his knowledge, we are able to show what effects on the animal economy certain foods produce, either for good or harm.

72. The physiologist broadly divides food into two classes. These are known as

THE NITROGENOUS AND THE NON-NITROGENOUS.

The nitrogenous class of foods are those which form the essential basis of structures possessing active or living pro-

perties, and the non-nitrogenous principles may be looked upon as supplying the source of power—in other words, if man were a steam-engine, the nitrogenous food would form the iron, brass, and works of the engine, and the non-nitrogenous would be the coal, or any other fuel used in generating power.

73. Now, what constitutes nitrogenous food? The answer is: meat of all kinds, gelatine, eggs, milk, and certain constituents of vegetables, such as gluten, vegetable fibrine, and caseine.

74. As life consists in the constant renovation and decay of living tissue, and as living tissue—*i.e.*, the body—is made up of nitrogenous matter, it is therefore absolutely necessary for all the operations of life, and is the instrument of living action, and out of it are formed bone, muscle, nerves, etc.

75. It is necessary for the reader, if he wishes to understand the rationale of this system of curing corpulency, to master this; for the constituents of food that make bone, muscle, nerves, etc., and the food that makes fat, are two totally different things; and on this fact hinges the success of this plan of treating obesity.

76. Non-nitrogenous* food consists of fats, starch—the basis of bread and all farinaceous foods—sugar, and certain vegetable matters. These principles are found either naturally or are produced by chemical action. These constituents are used in the animal economy to keep up the heat of the body, generate power, and when not consumed or eliminated from the system, to be stored up as *fat*.

77. Again taking a railway-engine as an illustration, it is plain that if rapid speed is required, and a great weight has to be drawn, a greater amount of fuel must be consumed. So, in like manner, if hard work has to be done for many

* Physiologists further divide this into hydro-carbons, or fats, and carbo-hydrates, such as starch, sugar, etc., fats being principally heat-producers, and sugar and starch power-producers. This, of course, is a rough analysis.

hours a day, a greater amount of food must be taken; and this is consumed in the human body in renovating the tissues and generating the force and heat according to the nature of the food used and its amount.

78. That this is the case may be instanced by this fact, amongst many. In making the railway from Paris to Rouen it was found that two English were equal to three French navvies. An examination of the cause disclosed the fact that the former were fed on large quantities of *meat*, while the latter ate chiefly *soup* and *lentils*. The diet of the Frenchmen was altered to the English standard, with the result that the inequality soon disappeared. This is a rather awkward fact for vegetarians, and further proves that meat diet is a powerful weapon, where, as in the treatment of corpulence, it is used to keep the strength up, while the excess of fat is being consumed to keep up the heat of the body.

79. Occupation, season, and climate greatly influence the amount and kind of food necessary. The inhabitants of cold climates require a large amount of fat;* and in the spring, as vital processes are more active, more food is required. On the other hand, muscular work demands a larger supply of nitrogenous food—*i.e.* meat.†

80. I find no more difficulty in formulating a dietary to reduce fat in those who live in hot climates such as India or Ceylon, than in those who live in cold ones; but there is a little difficulty with English people living abroad in such places as Italy. Here nearly all the food seems to be a compound of fruit, milk, and macaroni. But the difficulty is not insurmountable.‡

* An Esquimaux will eat 10 lb. or 12 lb. of blubber daily; and the children of that tribe will make wry faces at sugar, but eat blubber with delight.

† The trappers of the American prairies can live, and do live, for weeks on *meat* and *tea* only.

‡ The enervating life led by English ladies in India, Ceylon, and other hot countries, tends to foster obesity exceedingly. This is due to faulty diet, and sluggish action of the liver and other eliminatory glands, and to inability to take exercise. But a proper course of diet even there will obviate this. A planter's wife in Ceylon writes me: 'You will be pleased to know I have lost 14 lb. of fat my first month, and feel ever so much lighter and better.'

81. It will thus be seen that as in the human body certain foods produce muscle, energy, force, and power, others, by their chemical decomposition, furnish material for the production of heat. It is plain that if more is used of these latter than is consumed in these ordinary operations of life, or is excreted by the bowels, kidneys, and lungs, it must remain in the system, contaminating the blood—as with gout-poison—or, equally out of place and equally destructive to comfort, as fat.

82. On the equable assimilation and excretion of these different classes of food depends the health and comfort of the individual; but from faulty diet, heredity, or mode of life in many persons, the balance is not equally held, and the waste that should be excreted, or consumed by exercise or work, becomes stored as fat. And with this we have to deal—not as the quack does, with purgatives, sulphuric acid, and other drugs that destroy the coats of the stomach, or carry through the system undigested the food it requires for the operations of life, but by the aid of science, and in such a way that, while that most complicated machine, the human body, is disposing of its useless surplus store of fat, it is in other respects gaining power, health, and energy.

83. If the obese wealthy, who seek such places as Carlsbad, Marienbad and Kissengen, were dieted on the principles inculcated here, they would derive as much, if not more, benefit than they do there from drinking large quantities of purgative waters and being starved. Why people should go abroad *for this purpose* I cannot conceive, for natural mineral waters are now available at home, and if the gouty and the *bon vivant* were to take twice a week half a tumbler of 'Franz Josef' all the year round, he would be saved an enforced residence at an insanitary hotel abroad, where a two months' stay becomes exceedingly monotonous.

in health. I take very little exercise outside the bungalow, as when I go from home I have to drive. I have no doubt if I could have taken more exercise I should have come down faster in weight, but I mean to go on as you advise till I come down to ten stone.'

A lady came to me lately who had been for this purpose to a well-known Spa; she was thinner, it is true, but complained of extreme debility, and her appearance indicated it. The simple fact is that the food is washed through the bowels by the waters drunk, and therefore, as it does not nourish the system, fat, muscle, and strength all go together, and the stomach is so weakened, that usually a long course of tonics is necessary to give it tone.* Worse than this, the loss of fat is only temporary, and a return to old habits soon puts it on again. When properly done by dietetic means it is permanent.

USES OF FAT IN THE BODY.

84. Though excess of fat is an evil and an incumbrance, it must not be forgotten that a twentieth part of the male body should be of this substance, and a sixteenth part of that of the female. This may be slightly increased without interfering with the breathing capacity or the comfort of the individual.

85. A moderate amount of fat is one of the signs of health, and is certainly an adjunct to beauty of face and form, and its uses in the animal economy are many and various. In the first place, it serves the merely mechanical purpose of a light, soft, and elastic packing material, which, being deposited between and around the different organs, affords them support and protection from the injurious effects of pressure. Further, being a bad conductor of heat, the fat beneath the skin serves to some extent as a means of retaining the warmth of the body.

* A chemist (who happily for him could not avail himself of a visit to a foreign Spa), suffering from corpulency, complicated with a fatty heart and recurrent attacks of gouty bronchial catarrh, writes: 'I have not felt so well for years, or had such refreshing sleep. My cough is nearly gone, and I have lost the wheezing as well as 17 lb. in weight. I am glad you consider the loss of weight sufficiently rapid in my case. I do not dread the winter so much now, for I hope that, being able to take exercise, I may escape my previous attacks.'

86. But the most important use of fat is seen in what occurs during the process of nutrition; for when more fat-forming material is taken into the system than is absolutely required for the maintenance of the body, it is stored up and laid by to become available for use when the expenditure exceeds the immediate supply. In this way it goes on accumulating until, as in hundreds of cases that come under my care, it becomes positively a burden and dangerous to life. Indeed, a person over-fat is never safe, a little forced exertion often being fatal.

87. When fat-forming food is cut off, nature has recourse to that which is in excess in the body in this form.* But, curious enough, fat eaten alone will not sustain life. A duck fed only on fat died of starvation at the end of three weeks. Butter, it is said, exuded from all parts of its body, and the feathers seemed as if they had been soaked in melted butter. Similarly, animals fed on *fat* and *arrowroot* mixed will die of starvation, or on meat alone; but if *bone* be given with the meat, it is sufficient to support life for any length of time. This is the reason why wild animals in confinement have bone given them with their meat.

88. The following experiments made will show what part the different constituents of food play in the economy. A couple of rats, which had been nearly brought to the verge of death by restriction to starchy matter and fat, were fed with bread and meat for four days, and then with meat alone. A week after commencing the meat their united weight was 9 oz. $1\frac{1}{2}$ dr., and three weeks later 10 oz. 1 dr. Being now placed on a diet of meat with non-nitrogenous

* A lady from abroad, whom I had advised for some months, writes me August 25: 'This morning I weighed 158 $\frac{1}{2}$ lb., a most wonderful reduction considering that exactly four months ago I weighed 206 lb., and I am much stronger. I saw in a newspaper the other day that Prince Bismarck had reduced 45 lb. in *four years*. My remark was that if he had been on your system he would have found a more excellent way than that, and could have done it in four months with ease, as I know from personal experience.'

food (starch and fat), a notable improvement occurred ; for in three days' time they weighed 11 oz. ; four days later, 14 oz. 2 dr. ; and a week later still, 14 oz. 4 dr.

89. In another experiment, two rats, weighing 12 oz., were placed on an exclusive diet of lean meat and water. They remained healthy in appearance, but *steadily lost weight*, and in a month's time weighed only $8\frac{3}{4}$ oz. They were now placed on a miscellaneous diet, and in a week's time weighed $12\frac{1}{2}$ oz.

90. In a third experiment, two rats, weighing together 12 oz. 7 dr., were kept upon meat diet exclusively. On the thirteenth day *one of the rats died*, the weight of its body being 2 oz. 8 dr., and that of the other 6 oz. 3 dr. The living one was still kept on the same food, and this died ten days later, the weight of its body being then 5 oz. It will thus be seen that meat alone will not sustain animal life for an indefinite period.

91. This shows the absolute necessity of plenty of liquid with an *exclusively lean meat diet* ; * for had these last rats had plenty of water, they would still have lost flesh, but would not have been worse for it, as in the case mentioned above. Dr. Salisbury, whose system of reducing obesity consisted in giving nothing but lean meat, insisted upon large quantities of hot water being taken to assist the kidneys in eliminating it. Dr. Salisbury's system is needlessly severe, and few can be tempted to undergo it ; no one would if he knew that the same result can be more safely and pleasantly attained. As lean meat contains no heating properties, but simply nourishes the tissues, the fat of the body is rapidly drawn upon, and the obesity vanishes. Dr. Salisbury's system, though very unpleasant in its monotony,

* No wise person would attempt to reduce fat on an exclusively lean meat diet, to say nothing of the disgust arising from eating nothing but meat ; it is a clumsy and inartistic process, against which I have waged war for years. There is no science in prescribing such a course, yet there are one or more dietitians who reduce obesity on these lines, I am told, even now in London.

is quite safe, under proper medical guidance, for the little time that is necessary, but would not do for a long period. As before mentioned, no patient should attempt to reduce corpulency on any system of this kind, for a sudden change of diet necessitates many little alterations in the mode of life to carry the case to a successful issue, and these can only be formulated by those who make the condition a study. Most people have no conception of what is fattening and what is not, as the following quotation from a letter will show:—‘I have been trying to get rid of a superabundance of fat for some time, and lost 2 lb. a month at first; but I suffered much pain, as I thought fluid was fattening, and took next to none. I also ate many eggs, as I was told I might, and had lots of fresh fruit, which gave me indigestion.’ If this person had had only the white of the eggs, poached, and the fruit, in moderation, stewed, no great harm would have been done. So much for self-dieting. Truly, a little knowledge is a dangerous thing.

92. Dr. Pavy, in his work on ‘Dietetics,’ says: ‘Travelers have dilated on the large amount of food consumed by the inhabitants of cold, as compared with that consumed by those of temperate or hot, climates. Accounts are given which almost appear incredible regarding the enormous quantities of food devoured by dwellers in the Arctic regions. Thus Sir John Ross states that an Esquimaux “perhaps eats 20 lb. of flesh and oil daily.” Sir W. Parry, as a matter of curiosity, one day tried how much food an Esquimaux lad, scarcely full-grown, would consume if allowed his full tether. The food was weighed, and, besides fluids, he got through in twenty-four hours $8\frac{1}{2}$ lb. of flesh and $1\frac{3}{4}$ lb. of bread, and “did not consider the quantity extraordinary.”’

93. ‘He who is well fed,’ remarks Sir John Ross, ‘resists cold better than the man who is stinted, while the starvation from cold follows but too soon a starvation in food.’ He says further: ‘All experience has shown that a

large use of oil and fat meats is the true secret of life in these frozen countries.' Sir John Franklin also states: 'During the whole of our march we experienced that no quantity of clothing could keep us warm while we fasted; but on those occasions on which we were enabled to go to bed with full stomachs, we passed the night in a warm and comfortable manner.'

94. These remarks will show that the use of fat is not so much to make fat as to supply heat, and also to act as a storehouse of fuel, to draw upon if it ever should be required. Lord Palmerston used to say that 'dirt was matter out of place'; he might have said of fat, 'that it was food out of place.' Where it is in excess this is really what it is.

EVILS OF OVER-EATING, AND TIME FOR MEALS.

95. There is far more harm done by taking too much food than there is by taking too little, and it is only in very exceptional cases that injury results from the latter cause; whereas an enormous amount of discomfort, disorder, and disease, and even curtailment of life, arise from excess in eating and drinking,* even in temperate climates, and still more so in hot ones. Where the individual lives plainly and simply, and only obeys the cravings of nature to the

* I find from experience that English people who carry English habits to hot climates soon find obesity and enlarged liver the result. The climate of India would not be half as injurious to Europeans, if they were to eat and drink food that gave the liver less work. A few months in England and proper dietetic treatment will, *if the liver is not diseased*, do wonders. A lady who came over from Queensland to be under my care, suffering from obesity, writes me from the sea-side where she is staying: 'It is now the close of my second month's card. I have just been weighed, and am now 9 stone 8 lb. I have therefore lost 10 lb. during this fortnight, and 2 stone 7 lb. since I commenced dieting under your direction two months ago. My measurements were then, as you will remember, chest, 35 inches; abdomen, 40 inches; they are to-day, chest, 32½ inches; abdomen, 34½ inches; and I feel so lithe, active, and comfortable, and can walk with such pleasure. How many could be made happy whose lives are now a burden to them if they only knew! . . .'

extent of satisfying them, there is no need for weights and scales; but how many are there not who would be far more comfortable and more healthy if they lived upon a measured amount of food and drink, or avoided those foods and drinks that they know disagree with them? Pain is the only thing that teaches some people to be wise. A confirmed dyspeptic, after a time, lives by rule, because if he does not he suffers pain; but a corpulent person suffers no absolute pain, so he goes on increasing his corpulency by eating all sorts of things, regardless as to whether they increase his weight or not, and thus he or she sows the seeds of disease and early death as surely as the sun sets.

96. 'The keys of life and death are in the stomach,' says the Rev. Henry Ward Beecher, so it is not to be wondered at that many other evils besides corpulence result from excess in eating and a badly arranged dietary. Among them may be mentioned a deranged digestion, a coated tongue, constant headaches, an oppressed stomach, vitiated secretions, plethora and its consequences, a sluggish brain, with horrible dreams during sleep, and depression when awake.*

97. Excess in animal food is nearly as bad as excess in vegetable, if it is combined with an indolent mode of life. In fact, excess in any kind of food is bad; it accumulates in the system in some way or other, and if hard work or exercise are not taken, corpulency, gout or indigestion are sure results. More especially so in the luxurious, whose appetites are tempted by any delicacy that art can fabricate, and whose exercise consists, 'in the Season,' in driving up and down 'Rotten Row' for two or three hours a day. The time will come when the wealthy will learn the necessity of dieting for a month or two a year, simply for

* A gentleman whom I had to treat for obesity, and who was the victim of intolerable headaches, what he used to call nervous headaches, tells me that he has been free from them for some months; this I am not surprised at, for the most common cause of headache is waste in the system that should be eliminated.

the sake of the comfort it will give them—and if they are votaries of fashion, for the improvement of personal beauty—if not for the more rational reason, that it would increase their length of life. Ease and luxury tend greatly to induce a full habit of body, but the luxurious are very loath to obey rules, even when those rules are formulated for their benefit. But if they do not, the day comes early, when the inexorable scythe mows them down with its relentless sweep. Alas, the eyes of some of us are *only opened* just before they have to be *closed again* for ever.

AMOUNT OF FOOD TO BE CONSUMED.

98. As man is designed by nature to consume a mixed diet, we may proceed to consider when and at what intervals food should be taken. The ordinary custom is that three meals should be taken daily, at intervals of five or six hours apart; and this has been found by experience to be best suited to our requirements. This allows a short period of quiescence for the stomach. The quantity of food taken in ordinary cases should be enough simply to satisfy the craving of nature, and no more; but if the food taken is designed to reduce a too corpulent habit of body, it must be regulated in amount for a given time, according to the height and weight of the person, and to the circumference of the body at the neck, chest, waist, and abdomen; it must also be carefully regulated in its constituents, according to circumstances. In such a case the diet may be designed so as to reduce weight at any rate the sufferer may desire. I have known cases where even as much as 11 lb. have been lost in the first seven days, simply by dieting alone, not by starving, for in such a case as much as the individual could eat of properly selected food has been taken daily. The loss of weight has occasionally been so rapid, that I have even found it necessary to give, and have

had occasion to give, a little fat-forming food, to prevent such rapid loss, as it is sometimes apt to alarm the sufferer. Those who treat corpulency on scientific principles can regulate almost to an ounce the daily loss, and herein lies safety and success.

99. Sex and age, height and weight, influence the amount of food required. A woman on the average takes a tenth part less than a man; and during growth more food is necessary to minister to the bodily functions, which are then more active, as well as to supply material for increase. After forty the diet, if long life is to be enjoyed, should be sparing, and should be so adjusted as to be consumed in the operations of life, and not stored as fat or gout poison, and to be taught how to do this the aid of a dietitian should be sought. Much discomfort and disease would be avoided and life prolonged for many years.

100. People are apt to blame those who drink to excess, and are shortening their lives by it; but it is almost as bad to eat to excess, and disease is quite as often induced by it, and where it leads to corpulency life is shortened by very many years.

101. To prevent accumulation of fat in those predisposed to it, the diet should be modified according to its constituents, and also the amount eaten in the twenty-four hours should be regulated according to the particular circumstances of each case.*

102. The nitrogenous elements of food consist of meat, in all its forms, principally; and the non-nitrogenous, of bread and all farinaceous foods, sweets of all kinds, sugar, whatever contained in, alcohol, and certain vegetable matters. See page 24.

* When normal weight is attained the result is permanent, as the following quotation from a lady's letter will show. She writes: 'I am thinner than when I left off your system, which seems to me highly satisfactory, as many people prophesied that I should get fatter than ever from the reaction. Results have, however, proved quite the contrary.' This letter was written about six months after the desired weight had been reached.

103. As in any dietary that contains an excess of nitrogenous food the kidneys have more work to do in eliminating the waste of it from the system, it is necessary to take a large amount of fluid. It is well to begin the day by drinking a pint of hot water about an hour before breakfast, then, getting up, take a cold or tepid bath, and have a thorough rubbing with a rough towel after.

104. The following is an *example* of an extreme system of diet for reducing corpulency on no scientific principles. It contains no fat-forming foods, and resembles that advocated by Dr. Salisbury, an American physician of eminence. The objection to this is its extreme monotony and unnecessary severity. It is utterly unsuited for most cases of obesity on this account. Believing that every case of obesity should be treated on its merits, and finding it impossible to treat sufferers on such rigorous diet, I formulated a system of diluting a meat dietary with a large choice of vegetables and other articles of food containing a very small percentage of fat-forming ingredients, and, under personal supervision, making series of experiments in the use of saccharin instead of sugar in sweetening the different articles in daily use, and adapting this dietary to each case according to its history and gravity, and the constitutional requirements of the individual.* The result has been most satisfactory and

* THE TREATMENT OF FATNESS.—A disuection has been going on lately in the *Lancet* and *British Medical Journal* of great interest to sufferers from eorpulency, a diseased eondition, by the way, that not only causes great diseomfort, but also indireetly tends to shorten life by many years. Medical authorities now consider that medieines are of no avail for re-dueing fat; indeed, purgatives and other drugs taken for this purpose are absolutely injurious, and as they have to be eontinued for long periods, they weaken the system and strength without reducing the weight. Now, science happily has come to the aid of the victims of obesity, and a rapid and perfectly safe reduction of fat is possible by dietetic means alone. The system advocated by Dr. Yorke-Davies, a well-known authority on the subjeet, seems to find most favour in the medical papers, it being easy to earry out. For the benefit of non-professional readers, the causes of corpulency and its only safe and seientifie treatment may be put thus: The human body requires to keep up its heat about a pound of fat a day, either in the way of fat-forming food, or in fat already stored in the

gratifying. Carried out in this way, the system has found favour in the medical and lay press, as being a very much more pleasant and efficacious plan of reducing corpulency; and numbers of medical men that I am treating express the opinion that it is a most easy way of carrying out a scientific system, without hardship or monotony. Where the diet is carefully adjusted for each particular case, even within three days a person begins to feel more comfortable, the liver begins to act vigorously, the distended bowels to contract, the abdominal girth rapidly diminishes, the tongue cleans, a feeling of elasticity comes, sleep improves, and the accumulated waste of years, in the shape of fat, gout and bile, rapidly disappears. The result is that in a month or two a new lease of life is begun, and existence assumes a more roseate hue.

105. Assuming anyone possessed sufficient resolution to try a most extreme lean meat diet, he should begin at eight o'clock by eating a pound of grilled beefsteak or mutton, or cod, and drinking with it water or tea without sugar or milk.

system, as in an analogous way it requires a certain amount of coal put on the fire to keep up the temperature of a kettle of boiling water. Now, certain foods—meat principally—produce, when consumed in the system, energy, muscle, nerve, and bone; other foods—farinaceous, and sugar principally—produce heat by their chemical decomposition and combustion in the body, the surplus being converted into fat, and stored, as in corpulency. It is now found that if the diet is scientifically adjusted for fat people, and no fat-forming food is given, a loss of about a pound a day of the stored fat takes place, and as the muscle and energy-forming food is increased, the individual gains muscular and nerve power, whilst he is losing a useless and injurious incumbrance, much in the same way as a horse, brought in fat and flabby from grass, gains condition, vigour, and strength when he is put on corn and exercise. Not only may the victims of corpulency take heart, but those of the fair sex, anxious to retain a symmetrical figure, or hunting men, and others solicitous to reduce weight, may do worse than inquire into the merits of a system that promises such results, and this without the aid of quackery, or the dangerous practice that some people indulge in of taking violent exercise to reduce obesity, before the heart is strengthened by proper dietetic treatment. Frequent deaths during the shooting season are, undoubtedly, often attributable to this cause.—*Health*, August 22, 1890.

106. At half-past one p.m., another meal should be taken, and here again a pound of meat or fish must be eaten, washed down with weak cold whisky and water, or claret and water.

107. At six o'clock another meal is due. This, again, must consist of a pound of some red meat or white fish, and this must be washed down with some claret or whisky and water, or tea without sugar or milk.

108. As a nighteap, the patient may have a pint of beef-tea, or some whisky and water.

109. Anyone reading this will agree with me that it was time some pleasanter and safer mode of diet was formulated which should be equally efficacious, and more scientific and rational. I have taken much trouble to do this, and, I believe, have succeeded—at least, results show it—and of necessity the experience gained from treating obesity so largely is naturally very great. I feel sure that scientific dieting will soon, as it ought, take the place of medicine in the treatment of all diseases that arise from errors in diet. But my more pleasant way, like every other system of treating disease, should be modified according to the circumstances of each case.

110. The great secret of any system of dietary of obesity is to restrict fat-forming foods, for if the supply of these is cut off, then nature has to fall back upon that already in the system, and as there is a constant radiation of heat from the body, the fat is being used to keep up heat, much in the same way as the oil is used in a moderator lamp to give light. To illustrate this, see note on page 45.

111. It would be quite impossible in a work of this kind to draw out more definitely a dietary to suit varying degrees of obesity. The intention of the book is to show how fat is made, its evils, and a scientific system for its reduction. The proper course for the victim of obesity to pursue, if he is wise, is not to attempt to diet himself, but to seek the advice of, and be guided by, the expert in dietetics, either personally or by correspondence; and as no medicine is re-

quired beyond an occasional aperient, a dietary on the lines I advocate would be drawn out. The result would soon prove that the disease is an easy one to cure, and that relief from superabundant fat means comfort, ability to enjoy life, and considerable increase in the length of it.

112. It is time that sufferers from corpulency should know that all medicines and quack nostrums for reducing fat are dangerous and useless; they simply reduce it by destroying the digestive organs, and therefore preventing any food taken nourishing the body at all. Where the treatment of obesity is carried out on scientific principles, the muscular and nervous systems are especially nourished, and only the *fat* is starved; on no other system can the disease be cured permanently.

113. The great advantage of scientific dieting for corpulency is its safety at any age. A lady of seventy writes: 'I am so pleased with the dieting; it has done a great deal for me. I feel so well, and get about with much more comfort, and my knees are so much stronger.' And a well-known authoress writes: 'It is a boon to obese humanity, and I really do not know how to be thankful enough.' With increasing age, the heart naturally gets less able to do its work; and if it is oppressed by fat, the breathlessness, discomfort, and danger obesity causes are extreme. From some recent communications I have had with a very large insurance company, I believe that after a time obese people will have great difficulty in insuring their lives at all, and most certainly the premium in the case of people who are above normal weight should be enormously increased.

EXERCISE.

114. In the treatment of corpulency this is of the greatest importance. The muscle of the heart is strengthened by enforced exercise, and the waste of the system burnt off by oxidation.

115. In obese people exercise should be commenced gradually, and increased every day so as to get the heart into good tone; the most dangerous form of corpulency is that where the muscular structure of the heart is invaded by fat; in such a case there is extreme breathlessness on exertion and danger in hurrying to catch a train, or for any other purpose where excitement comes in.*

116. The nutrition of the muscles is improved by exercise. The blood which they contain is increased, and in consequence of this increased afflux of blood and the more rapid disintegration going on in the muscles, they become harder and larger, and better able to bear fatigue.†

117. Massage is an excellent way of taking exercise when it can be self-used not only in the case of flabby fat people, who cannot take sufficient walking or riding exercise, but in every case where exercise is beneficial, and where is it not? Massage assists in oxidizing waste and gives tone to the nervous and muscular tissues, and is a valuable adjunct in the treatment of obesity under this system of scientific dieting.

* How often one hears of middle-aged people dying suddenly from heart failure in this way! A wealthy person lives for nine months of the year on the fat of the land, gets very stout, and then, when the shooting season comes on, begins work early and ends late. He does day after day more walking than during other parts of the year he has done in a month, and the weak, tremulous heart, overloaded with fat, goes labouring on until, on jumping a fence or some extra exertion, he suddenly falls. The over-worked and over-burdened heart makes a few efforts to recover itself, fails, and all is over. When will such people learn that before this season they should *diet* and take gentle exercise, gradually increasing it daily until proper reduction in weight and sound condition is obtained?

† A gentleman who has been under treatment for six weeks, writes me under date September 6th: 'I feel in splendid condition. I have lost 7 inches round the waist. My appetite is *too good*. I have had two days' partridge shooting, and I walked *all my friends down*.'

118. There is no doubt that massage improves the condition of the muscles and increases the stamina of the constitution ; it also opens the pores of the skin, gives it a clear and healthy colour, and assists in eliminating waste from the body. The vital capacity of the lungs is much increased by exercise or by massage—especially where it is done by the individuals themselves. Digestion becomes more perfect and the constitution is improved in nutrition and power. By its invigorating effect it stimulates the action of the liver and kidneys and is invaluable in constipation, due to want of tone in the muscular tissue of the bowels.

119. Rheumatism is also undoubtedly benefited by dry rubbing in the form of massage. The difficulty in respect of massage has hitherto been the necessity of obtaining the services of the professional shampooer or 'rubber,' partly from expense, and partly from the fact that such services are only obtainable in the large towns.

120. I have long seen the want of some simple means of obtaining the benefits of massage, and for substituting the necessity of daily walking or riding exercise in those who are precluded from taking these most necessary adjuncts to robust health, either through want of time or the exigencies of our uncertain climate ; but this difficulty is solved.*

121. There is now a very good substitute in the 'massage rubber,' the invention of Mr. E. Crutchloe, a novel and unique appliance, which consists of a series of india-rubber serrated teeth arranged in a succession of waves and attached to a steel plate which is fixed in a small polished ebony frame, the whole thing being portable, convenient, and very handy to use.

122. The action of this what may be termed 'serrated brush' or 'massage rubber,' when used (and it can be used

* Grooming is simply massage applied to the horse, and we all know how a well-groomed horse looks, with his sleek polished skin and high condition of health.

either personally or by an attendant), is to raise and depress the tissues as it passes over them in such a manner as to stimulate the circulation of the blood and thereby increase its power of oxidizing fat.

123. For this reason the dry rubber will be of great service in obesity, as well as in the cases previously indicated. It should be used regularly for a quarter of an hour or longer on getting up in the morning, and before retiring at night, and its invigorating effect, and the exercise its use provides, will undoubtedly conduce to robust health and improved condition. It can be procured from Mr. E. Crutchloe, the Albert Chambers, Victoria Street, Westminster.

124. Though exercise is so important an adjunct in reducing excess of fat, the following extract from a letter of a patient who is deformed—the result of spinal disease—will show that loss of fat may take place under this system without it: ‘From the 14th (July, 1890) to yesterday, the 21st, I lost in weight a trifle over 2 lb., making in all a total in six weeks of $19\frac{1}{2}$ lb., which I think you will regard as being very good, seeing through my affliction I am not able to take as much exercise as an ordinary man. I never felt better in health in all my life. I append my six weeks’ loss in weight.

| | | | | | lb. |
|-----|--------|------|----|--------|------------------|
| 1st | week’s | loss | in | weight | - |
| 2nd | „ | „ | - | - | - 4 |
| 3rd | „ | „ | - | - | - 3 |
| 4th | „ | „ | - | - | - 3 |
| 5th | „ | „ | - | - | - $2\frac{1}{2}$ |
| 6th | „ | „ | - | - | - 2 |
| | | | | | <hr/> |
| | | | | | $19\frac{1}{2}$ |

‘When you first advised me I was 16 stone in weight. I am now 14 stone $8\frac{1}{2}$ lb.’ This would be a very satisfactory loss of fat under any circumstances, but it is doubly so here. I find by my notes of this case and the patient’s weekly

letters to me while he was under treatment, that his diet was never varied during this time by his own request. As a rule I find it best, with those who consult me personally or by correspondence, to draw out a diet card, with quantities of different meats, fish, and vegetables for one month, then a second one giving a larger variety of food for the next month, and so on. It is best in all cases that the rules for the first month should be rigid, so that the loss of fat may be large and rapid, the loss on the second month's dietary should be about two-thirds what it is the first.

125. The following letter illustrates an enormous loss in abdominal girth. A lady writes me: 'I am quite well, and have been so ever since I commenced dieting. People are all wondering what is the matter with me. They tell me I look well, but have got so much smaller, which is quite true, considering that when I commenced my abdominal measure was 50 inches and now it is 33 inches. I was 16 st. 7 lb. when I came under your care. I am now 12 st. 1 lb., and I wish you to advise me until I get down to 11 st., with which I shall be well satisfied.'

126. When any living part is called into frequent and regular exercise, it is observed to become gradually more and more susceptible of action—to increase in size within certain limits, determined by the constitution, and thereby to gain strength, as indicated by an increased power of enduring fatigue and a greater capacity of withstanding the influences of the common causes of disease, to which previously it would have almost immediately succumbed.

127. The explanation of this, as proved by experiment, is that exercise causes an increased action in the nerves and bloodvessels of the part, by which its vitality is augmented and a greater supply of blood and nervous stimulus is sent to it to sustain and repair the greater waste that is taking place, and also to supply additional substance to fit it for the unusual demands made on it. The results of

this process are visibly exemplified in men whose habits or profession lead them to constant muscular exertion—in sportsmen, in blacksmiths, dancers, porters, etc., for instance; and if it is less manifest in *other parts* of the body *beyond where the muscles are in view*, it is only from other tissues admitting of less expansion and showing their increased power in a different way.

128. Unless exercise in its ordinary sense be taken, neither respiration nor circulation can fully accomplish the purposes they are intended to serve. Life subsists through a series of motions, and all these should be maintained in regular and adequate exercise; by so doing the food necessary to sustain the system is taken up, and all that is not required is excreted by the different organs that act independently of the will, so that the balance is evenly kept, and none is unnecessarily stored as fat. One of the greatest evils of obesity is that it prevents people taking proper exercise and therefore prevents the enjoyment of robust health. When fat is got rid of, the desire to take exercise is increased. A lady writes me: 'I am feeling very well, and have a greater inclination to take exercise; all my friends and acquaintances are remarking that I am getting quite a graceful figure!' Another says, 'I am able to walk better, and am feeling very well indeed, and have not had a single headache this last fortnight, though I have done a lot of railway travelling and hard work; it is wonderful that mere diet will do so much!' Mere diet, indeed? *Mere diet* kills a good many. A Japanese proverb says, 'All diseases enter by the mouth.'

STIMULANTS IN CORPULENCY.

129. What part does alcohol, in its various forms, play in the dietary? Chemists who have investigated the effect of alcohol on the system have come to the conclusion that it is not a *food*, and does not in any way make flesh or tissue,

but in some cases it seems to increase the value of other foods taken. Whether pure alcohol increases or diminishes fat is still a moot point. Some physiologists believe that it assists in eliminating waste products, while others hold that it has no effect of this kind whatever, and that it passes out of the body unchanged.

130. That it is injurious beyond a certain amount is certain, and that amount entirely depends upon the habits of the person and the work done. As alcohol is contained in all wines and fermented drinks, experiments prove that to the other constituents of these beverages we must look for their fattening properties—thus, in wine, to the sugar; and in ale, stout, and other fermented liquors, to the sugar and starch they contain.

131. That beer and stout are unsuited to fat people there can be no question. The English and Germans, who drink largely of beer, are more inclined to be corpulent than the Scotch or Irish, who drink more of spirits; this is a well-known fact. The stronger beers taken to excess in people of a corpulent habit are also apt to lead to the development of gout and biliousness.*

132. It becomes a question now to consider the least injurious form in which alcohol may be partaken of by those who require it, or think they do so. To the ordinary individual, good wine, properly matured, in moderate quantity, is a harmless and exhilarating drink;* but to those of a corpulent habit of body certain wines are a slow poison, and it is necessary to say a few words on so important a subject.

133. The deleterious wines for people constitutionally disposed to stoutness are those which contain sugar, either by arrest of fermentation or by the addition of sugar, and these are, as a rule, the products of hot countries. In

* Especially does this apply to that period of life when the powers of elimination are declining, and the individual, from the exigencies of age and failing strength, is unable to take the active exercise necessary to consume the waste products of the body.

France, Germany, or Hungary, etc., where a cooler climate prevails, fermentation occurs with less rapidity, and is allowed to proceed till it comes to a spontaneous termination.

134. 'Here, then, the transformation of saccharine matter is permitted to go on until it is quite or nearly lost, and in consequence there is produced a drier or less fruity wine, and one which takes less time to mature.' Wines of this class develop a stronger bouquet and a more acid flavour, and they are admitted to be in every way more suited for stout people of sedentary habit. The wines of the Rhine and the Moselle are noted for the aroma they possess, and the greater amount of acid they contain, and their freedom from sugar. The same applies to some of the wines of the South of France, known as clarets and burgundies. But clarets and burgundies contain tannin, and the cheaper sorts even sugar, and are so doctored up for the English market as to be utterly unsuited for corpulent people, unless they are of the choicest brands.

135. I have tried and tested a large number of wines for the use of sufferers from obesity, and I may also add gouty, rheumatic, and bilious people, and I have found the best of all to be light dry still Moselles, such as Drohner Trabener, Konigsmosel; these are refreshing and delicately flavoured wines, and being pure and of good vintage, will keep any length of time. Cheap Moselles and Rhine wines of inferior brands are apt to turn sour, and hence are absolutely injurious, as they cause dyspeptic symptoms and acidity. Mr. Alfred Aldous, of 61, Hatton Garden, Holborn, London, has taken a great amount of trouble in finding the best brands of Moselles for me. Many people require a wine with a little more body, and for such a Burgundy, if it is absolutely free from sugar and pure, is very suitable. I have recently tasted one that I highly approve of, and the only objection to it, for so excellent a wine, is its extreme cheapness.

136. I am firmly of opinion that more injury is done to the digestive organs and liver by the *cheap* mixed poisonous wines sold to meet the keen competition of the day than people are inclined to believe. People will have cheap wines, forgetting that the ill-health in the way of gout and biliousness that they induce make them the dearest in the end. Connoisseurs can, of course, tell whether a wine is pure or not, and they do not drink inferior wine. But most of the people who take these beverages know little about their merits, and therefore go in for something cheap, which is generally a mixture of three or four different wines, branded with a high sounding name, or with the name of some known locality, the wines from which fetch high prices.

137. The wine-drinker, if he is subject to obesity or gout, dyspepsia, and many other ailments, places his health and comfort in the hands of his wine merchant, so he should choose one of known probity, whose good name would be too valuable a heritage to lose by palming off adulterated wines and *poisonous new* spirits for the sake of present profit.

138. Those whose means allow them, and who can afford to buy choice Moselles of delicate flavour, with body and bouquet, will find Schloss Rhein-hausen, Eltoiller Sonnenberg, or Agritinsberger more to their taste; they are wines of old vintage, and have the Muscat flavour that makes the produce of the banks of the Moselle so appreciated by those who drink these exhilarating beverages.

139. A pint a day of either of these wines, taken at lunch and dinner, would be about the quantity that might be drunk with impunity and without injury; and if a person of corpulent, gouty, rheumatic or bilious constitution were to drink such wines as these, or the others mentioned, it would be a great deal better for him.

140. Until recently no sparkling wines of any kind were suitable for fat or gouty people, all being loaded for the

English market with added sugar, but of late largely prompted by my dietetic requirements, two or three firms supply absolutely dry champagnes and natural sherries that contain *no sugar at all*.* As some people of Sybarite tastes do not consider life worth living without champagne, they may be glad to know that a perfectly 'brut' champagne may be procured from Luaze-Rousseau and Co., of 98, Shaftesbury Avenue, London.

141. All effervescent wines previously imported into England had sugar added to them in the form of a liqueur; this made them unsuitable and injurious in many cases. A 'brut' wine, as it is called, has none of this, and is an exhilarative, without being detrimental.

142. Those who object to wines may take spirits in the form of well-matured whisky. This to the extent of three or four ounces a day, well diluted with water, or better still, with such an aerated water as that previously mentioned, would be the best. Clarets and Burgundies are usually 'doctored' for the English market, with added sugar and bad spirit, and are in this case very injurious. Messrs. Barnes and Co., 4, Lincoln's Inn Fields, London, import pure wines of this class for my purposes.

* Dr. Thudichum says, 'Of all alcoholic beverages *natural wine* is the most healthful'; and Dr. Pavy, in his work, 'Food and Dietetics,' says, 'A *pure and dry sherry* may be said to constitute one of the most wholesome liquids for general use of the fermented class.' For much information on this subject, see 'Health and Condition,' by the author: Sampson Low, Marston and Co., London.

TEA: ITS USE.

143. Tea is not food, and should not be taken as such. Tea taken three or four hours after dinner is valuable, for this is the time that corresponds with the completion of digestion, when, the food having been conveyed away from the stomach, nothing remains but the acid juices employed in digestion. These acid juices create an uneasy sensation in the stomach, and a call is made for something to relieve this uneasiness. Tea fulfils this object better than stimulants; more than this, it satisfies some unknown want in the system. This refers to the moderate use and enjoyment of tea, but there is a large class who drink an enormous quantity of this beverage, to the undoubted impairment of their health.

144. Those who take it to excess are found principally among the poor. They become pale and bloodless, much given to faintness, nervousness, and depression of spirits, and suffer excessively from flatulence and loss of appetite. This is no doubt partly due to poisons used to colour and adulterate it. One form of indigestion caused by tea deserves special notice, as it is commonly observed by medical men: the appetite is unimpaired, and no particularly unpleasant sensations are felt after meals; but almost as soon as food is taken it seems to pass out of the stomach into the bowels, causing flatulent, colicky pains, speedily followed by diarrhoea. Hence, there is a constant craving for food, and a feeling of sinking and prostration.

145. In moderate quantity, tea exerts a very decidedly stimulant and restorative action on the nervous system, which is aided by the warmth of the infusion, and is particularly useful in over-fatigued conditions of the system, and under these circumstances it is infinitely preferable to alcoholic drinks. Lord Wolseley considers it is the best drink for exhausted soldiers after a long march.

146. The harmful effects of tea depend a great deal on

the way it is made. If it is allowed to infuse too long, the tannin and other injurious ingredients of even the best tea are drawn out, and the infusion becomes bitter and astringent, and unpleasant to the taste. To make tea properly, the teapot should be warmed, and the water poured over the tea immediately it boils. Five teaspoonfuls of pure Ceylon tea should be put to each quart of boiling water, and it should draw for eight minutes. Professional tea-tasters are very particular to use only water which is freshly boiled.

147. In China tea is sometimes infused in a teacup, and sometimes in the cup from which it is drunk. In Japan the tea-leaves are ground to powder, and, after infusion in a teacup, the mixture is beaten up until it becomes frothy, and then the whole is swallowed. The Chinese drink their tea in a pure state; the Russians take it with lemon-juice; and the Germans often flavour it with rum, cinnamon, or vanilla. In England we know it is customary to add cream milk, or sugar, but for corpulent people the Russian mode would be the best.

148. Ceylon tea is now justly taking a high place in public favour. There is no doubt it is more wholesome and more delicately flavoured than any other, and as it contains more theine and less tannin than Indian and Chinese teas is more healthy. It does not injure the most delicate stomach, or disagree with those whose digestive powers are weak. When its virtues become fully known it will take the place of all other teas. It is a difficult matter to get pure Ceylon tea; most of those sold with high-sounding names as Ceylon tea are simply mixtures and blends in which common China tea predominates, and the names of the estates they are supposed to come from exist only in the imagination of the tea-dealer. One or two owners of Ceylon plantations do import their teas direct to the consumer; in this case it is a guarantee of their purity, and under these circumstances they can be bought much cheaper than where they have

passed through the hands of the importer, the broker, and the tea-dealer.

149. Those who would like to have Ceylon tea in its pure and natural state can get it from the Agra Ceylon Tea Association (the retail establishment is at 2, The Crescent, Putney, W.), who import their teas direct from the estates in Ceylon of Mr. H. R. Farquharson, M.P., and it is handed to the consumer pure and unmixed as it leaves the factorics.* Independently of its good quality and freedom from tannin, Ceylon tea is machine made, and is not, like Chinese tea, handled and pressed in dirty and squalid huts, and by the hands and feet of the unwashed Mongolian.

COFFEE: ITS USES.

150. 'Coffee,' says Dr. Pavy, 'is said to have been in use in Abyssinia from time immemorial, and in Persia from A.D. 875. It was used in Constantinople about the middle of the sixteenth century, in spite of the violent opposition of the priests, and in 1554 two coffee-houses were opened in that city. It was introduced into Europe in the seventeenth century. It was drunk in Venice soon after 1615, and brought into England and France about forty years after.' Like tea, coffee produces an invigorating and stimulant effect, without being followed by any depression, and fully justifies the estimation in which it is held. It increases the action of the pulse, and is more heating than tea, while at the same time it arouses the mental faculties and so disposes to wakefulness. To make the infusion properly 2 oz. of freshly-ground coffee should be used to each pint of boiling water.

151. Coffee is especially useful to those who suffer from redundancy of fat, as it has the power of relieving the

* The writer's son is a pupil on this estate, and I gather these facts from him, and certainly can speak from experience of the delicious flavour of these teas.

sensation of hunger and fatigue, and may be used two or three times a day as a beverage. It has all the advantages of a stimulant without the ill-effects following alcohol in its various forms. It exerts a marked sustaining influence under fatigue and privation, and sustains the strength where a restricted diet is necessary, and this enables arduous exertion to be better borne under the existence of abstinence or a deficiency of food.

WATER, MINERAL APERIENT WATERS, AND AERATED DRINKS, ETC.

152. A supply of water in one shape or another is one of the essential conditions of life. It is as important as food, and is required for various purposes in the performance of the operations of life. It forms the liquid element of the secretions, and thereby the medium for dissolving the digested food, and enabling it to pass into the system and the effete products to pass out in solution. The quantity of water required for drinking purposes is found to bear a relation to climate and to the weight of the individual, being nearly half an ounce for every pound, or one and a half gills for every stone weight. Thus a man weighing 150 lb. (ordinarily a man of 5 feet 7 inches) would require three pints and three-quarters; of this about one-third is taken *in the food*, the remainder, two and a half pints, being required as drink.

153. Where concentrated food consisting of nitrogenous articles of diet, *i.e.*, animal food, is taken for the purpose of reducing fat, the work of eliminating it is mostly done by the kidneys. Such being the case, it is necessary to take more fluid. It is best that this should be taken hot; and the time of taking it and the quantity to be taken must entirely depend upon the degree of obesity to be treated and other circumstances. No fixed rule is possible. In most of the cases I treat, I make it a *sine quâ non* that water be taken to begin the day with, early in the morning.

In people of gouty habit, it may be taken in the form of potash effervescing water. In this way it dissolves the uric acid (gout poison) and carries it off. Uric acid requires 200,000 times its weight of water to dissolve it. Soda and potash waters may be taken for this purpose, but no aerated waters that contain *sugar*, such as lemonade, ginger-beer, and their allies.* During hot weather, under any circumstances, more fluid is necessary.

154. The pleasantest and safest waters to drink are the *natural* aerated waters of which there are so many. These, of course, are absolutely free from germs of all kinds, and therefore there is no danger of cholera or typhoid through drinking them. In fact, a person who wishes to be safe from these diseases should only drink the natural sparkling waters, or otherwise thoroughly boiled water, but boiled water is very insipid. The water most suitable, I find, for corpulent, gouty, and rheumatic people, amongst the large number advertised, is sparkling Kalzmar, from a spring in the Hartz Mountains. This, being antacid and really most delicious in flavour, will become a great favourite. I advise my patients now to drink no other. Being highly aerated, it is most pleasant alone or when mixed with wine or spirits. It may be had of the Kalzmar Water Company, 98, Shaftesbury Avenue, London.

155. Gout is one of the commonest complications of corpulency, and those of gouty and rheumatic constitution require a slightly modified system of treatment. More fluid is necessary to flush the kidneys and wash away the effete products in a dissolved state. Mild alkaline aperients and hot-air baths are useful adjuncts in eliminating gout poison.

156. Those of gouty and rheumatic constitution whom I have had under my care for corpulency derive the greatest benefit from the change in diet. The improved tone and energy imparted into such people by the loss of twenty to thirty pounds in weight stimulates them to take exercise, and the general health improves in every way. The elasticity of youth seems to come again.

PART II.

THE DIETETICS OF OBESITY.

157. ASSUMING that a person has by proper dietetic treatment and exercise been brought down in weight to the standard, or nearly to the standard, mentioned on page 27, the following articles should form the greater part of the daily sustenance for some time.

158. The amount of fattening properties they contain would not be too great under such circumstances, and the choice would enable persons of different tastes to find sufficient to their liking. Indeed, from a vast amount of experience on this subject in people who came under my care five or six years ago, I find that where a proper course of dieting has been undergone they may almost entirely return to their old habits and no increase in weight takes place.

Perhaps a few articles of diet may have to be slightly curtailed, but nothing more. Many seem to think they must diet all their lives, but this is not so. Where drugs or quack medicines are used for this purpose it is different, as in this case, if the health is not destroyed by the process the weight is quickly put on again. So sooner or later in this latter case the health is effectually ruined. *Scientific dieting is absolutely safe.* The amount taken at the different meals must be sufficient to satisfy the dictates of hunger, but no more.

159. Anyone unfortunate enough to require to live by rule, or whose corpulency is a bar to enjoyment and robust health, had better place his requirements before some physician who is used to the treatment of this condition, and who treats it on scientific principles; but few medical men make dietetics their study, and find it more satisfactory in cases of obesity to appeal to those who do.

160. My own plan, before advising a system of diet by correspondence, is to send the patient who writes me a form, embodying the following among other questions: age, height, weight, girth round the chest, neck and abdomen. Whether subject to constipation, indigestion, palpitation of the heart, giddiness, gout or rheumatism, colds, bronchitis, gravel or rheumatic fever. Whether able to take exercise. Present diet—breakfast, dinner, tea, supper; amount of stimulants taken, state of tongue, hours of rising and retiring, amount of exercise taken daily, and fondness for sweets and pastry, and sleeping during day. Family history as to obesity. Occupation in life. These are the more important facts to be considered in relation to the treatment of each individual case.

161. It is most important that the loss of fat the first two months should be continuous and rapid, and that the amount of food should be regulated to be exactly sufficient for the wants of the system and *no more*. To show how much more we eat from habit than from necessity, I find people who consult me or write to me, often say that at first they feel hungry after the amount of food I allow them; but in a few days this feeling passes off, and the amount quite satisfies. This is but a proof of the truth of the aphorism that, 'Man lives by what he digests, not by what he eats.' As the increase of strength is so perceptible almost from the first day of dieting, no further proof is requisite to show that there is no starving in this system of reducing corpulency, unless a person unwise attempts to diet him or her self, and then naturally does not properly apportion or choose the correct food. Further than this, there is the possibility of a person, unknown to himself, being the victim of such a disease as 'Bright's,' in which case self-dieting would be absolutely dangerous. It is an easy matter to reduce a fat person to reasonable and comfortable dimensions in from two to three months,

or longer if the obesity is excessive, without hardship, and with the most absolute safety and success; indeed, my experience has been that, from the first day the sufferer from surplus weight begins treatment, the feeling of elasticity and robust health is so perceptible that nothing would induce him or her to refrain from perseverance in carrying it out in its entirety. Indeed, many people tell me they would not object to go all their lives on the cards I formulate for them. One patient writes me: 'I do not know whether I shall ever have the courage to *leave off* dieting, as it suits me admirably in every way.'

162. It may interest many readers to see how rapid the loss of weight may be when the diet is properly adjusted, if I quote from a patient's letter written a year or more after treatment. He writes: 'You may remember that I consulted you as to what I should do to overcome the excessive stoutness which I was rapidly developing, having myself tried in so many ways to bring about the desired result, but always unsuccessfully. I am really now not only stronger, but more active, and better able to endure fatigue. My first visit to you was on March 15, and my weight was 16 stone 12 lb. ; chest measurement, $42\frac{1}{2}$ inches ; abdominal, $44\frac{1}{2}$ inches. The following are the dates of my further visits to you, with my weights and measurements :

| Date. | | Weight. | | Chest. Inches. | Abdomen. Inches. |
|----------|-----|---------|--------------------|-------------------|---------------------|
| | | Stones. | lb. | | |
| March 29 | ... | ... | 16 4 | 42 | 43 |
| April 5 | ... | ... | 15 11 | $42\frac{1}{4}$ | 42 |
| ," 12 | ... | ... | 15 10 | $41\frac{1}{4}$ | $41\frac{1}{2}$ |
| ," 19 | ... | ... | 15 $5\frac{1}{2}$ | 41 | 40 |
| ," 26 | ... | ... | 15 $2\frac{1}{2}$ | 41 | $39\frac{1}{2}$ |
| May 3 | ... | ... | 14 $12\frac{1}{2}$ | 40 | 39 |
| ," 11 | ... | ... | 14 8 | — | — |
| ," 18 | ... | ... | 14 $4\frac{1}{2}$ | $38\frac{3}{4}$ | 38 |
| ," 27 | ... | ... | 14 $1\frac{3}{4}$ | — | — |

| Date. | ... | Weight. | | Chest. Inches. | Abdomen. Inches. |
|--------|-----|---------|-------|-------------------|---------------------|
| | | Stones. | Ib. | | |
| June 3 | ... | ... | 13 12 | 39 | 38 |
| „ 17 | ... | ... | 13 9 | 38½ | 37 |
| „ 30 | ... | ... | 13 6 | 38½ | 37 |

‘Now I am satisfied that any time, if I fancy my weight is increasing, I have it in my power, without annoyance and inconvenience, to maintain an average weight or reduce it as I please.’

In concluding this section, it is now plain to anyone that as an improper diet is the cause of corpulency to the sufferer, so a proper diet can remedy this, and in a much shorter time than it takes to put on the superfluous fat. Medicine, as I have repeatedly pointed out, cannot help, and is not only useless, but where purgatives or the more injurious remedies sold by quacks are resorted to, is absolutely disastrous.

ARTICLES OF DIET AFTER REDUCTION.

JANUARY.

163. MEAT.—The lean of beef, mutton, doe-venison.

GAME AND POULTRY.—Hares, rabbits, pheasants, partridges, woodcocks, snipes, fowls, chickens, capons, pullets, grouse, wild fowls, turkeys, tame pigeons.

FISH.—Turbot, soles, flounders, plaice, skate, whiting, cod, haddock, herrings, oysters, lobsters, crabs, prawns, tench, perch, mussels.

VEGETABLES.—Cabbages, broccoli, savoys, endive, sprouts, Scotch kale, sea-kale, spinach, lettuces, celery, cardoons, salsify, turnips, Jerusalem artichokes, garlic, shallots, mustard and cress, cucumbers, mushrooms.

FRUITS.—Apples, medlars, currants, grapes, walnuts, nuts, filberts, oranges, lemons.*

ESPECIALLY IN SEASON IN JANUARY.—Haddocks, whiting, tench, skate, hares, rabbits.

FEBRUARY.

164. MEAT.—Beef, mutton, venison.

GAME AND POULTRY.—Hares, rabbits, pheasants, partridges, woodcocks, snipes, pigeons, turkeys, fowls, pullets, capons, chickens, turkey-poults.

FISH.—Flounders, brill, plaice, skate, soles, turbot, cod-fish, whiting, sturgeon, haddocks, oysters, mussels, cockles, crabs, crayfish, prawns, shrimps, barbels, perch, pike, tench.

VEGETABLES.—Broccoli, cabbages, Brussels sprouts, savoys, celery, cardoons, lettuces, endive, spinach, sorrel, forced French beans, turnips, and all small salads; tarragon, scorzonera, cucumbers, mushrooms.

FRUITS.—Apples, grapes, oranges, pomeloes, shaddocks, almonds, nuts, chestnuts, walnuts, figs, currants, filberts.

ESPECIALLY IN SEASON IN FEBRUARY.—Skate, dace, turkey-poults.

MARCH.

165. MEAT.—Beef, mutton, doe-venison.

GAME AND POULTRY.—Fowls, chickens, turkeys, pigeons, rabbits, guinea-fowls, woodcocks, snipe.

FISH.—Turbot, whiting, soles, plaice, flounders, skate, oysters, lobsters, crabs, prawns, cod, crayfish, mackerel, mussels, trout.

VEGETABLES.—Savoys, cabbages, sprouts, spinach, lettuces, turnips, radishes, Jerusalem artichokes, parsley and other garden herbs, Scotch kale, broccoli, scorzonera, salsify, sea-kale, chives, celery, cress, mustard, sorrel, horseradish, rhubarb, shallots, cucumbers.

* As uncooked fruits contain sugar they should be taken sparingly.

FRUITS.—Apples, oranges, forced strawberries.

ESPECIALLY IN SEASON IN MARCH.—Mackerel, mullet, skate, whiting, prawns.

APRIL.

166. MEAT.—Beef, mutton, grass-lamb.

GAME AND POULTRY.—Pullets, chickens, leverets, fowls, pigeons, wood-pigeons, rabbits, turkey-poults.

FISH.—Brill, cockles, cod, crabs, dory, flounders, halibut, ling, lobsters, mullet, mackerel, mussels, perch, oysters, pike, plaice, prawns, shrimps, skate, sturgeon, soles, whiting, turbot, trout.

VEGETABLES.—Asparagus, beans, fennel, endive, broccoli, cucumbers, chervil, lettuces, parsley, rhubarb, turnips, sorrel, sea-kale, radishes, spinach, turnip-tops, small salad, parsnips.

FRUITS.—Apples, oranges, early strawberries, walnuts.

ESPECIALLY IN SEASON IN APRIL.—Prawns, crabs, lobsters, grass-lamb, asparagus, cucumbers.

MAY.

167. MEAT.—Beef, mutton, grass-lamb, calf's liver.

GAME AND POULTRY.—Fowls, pigeons, pullets, chickens, wood-pigeons, leverets, rabbits.

FISH.—Cod, crabs, brill, flounders, lobsters, mackerel, perch, prawns, plaice, pike, shrimps, whiting, crayfish, gurnet, dory, haddock, soles, halibut, turbot, trout.

VEGETABLES.—Cabbage, asparagus, kidney-beans, chervil, turnips, spinach, sorrel, sea-kale, lettuces, rhubarb, corn salad, cucumbers, cauliflowers, radishes, artichokes, salads generally.

FRUITS.—Apples, cherries, currants, strawberries, gooseberries.

ESPECIALLY IN SEASON IN MAY.—Prawns, crabs, lobsters.

JUNE.

168. MEAT.—Beef, mutton, grass-lamb, buck-venison, calf's liver.

GAME AND POULTRY.—Fowls, chickens, pullets, turkey-poults, pigeons, leverets, plovers, rabbits.

FISH.—Turbot, soles, mackerel, carp, pike, crabs, tench, prawns, lobsters, shrimps, mullet, haddock, trout.

VEGETABLES.—Cauliflowers, spinach, beans, asparagus, artichokes, turnips, lettuces, cucumbers, radishes, cresses, all kinds of salad, sorrel, horse-radish, rhubarb, vegetable-marrows.

FRUITS.—Gooseberries, currants, cherries, strawberries, apricots, peaches, apples, nectarines, grapes, pine-apples.

ESPECIALLY IN SEASON IN JUNE.—Skate, prawns, lobsters, crabs, grass-lamb, vegetable-marrows.

JULY.

169. MEAT.—Beef, mutton, grass-lamb, buck-venison, veal.

GAME AND POULTRY.—Fowls, chickens, pullets, turkey-poults, tame rabbits, wild rabbits, leverets, plovers, wheatears, wild chickens, pigeons, wood-pigeons.

FISH.—Dace, dory, cod, carp, brill, barbel, crabs, crayfish, flounders, haddock, ling, mackerel, lobsters, mullet, thornback, plaice, pike, soles, tench, gurnet, perch, dabs, prawns, whiting, trout.

VEGETABLES.—Kidney, Windsor, and scarlet beans, asparagus, artichokes, celery, endive, chervil, lettuces, mushrooms, salsify, spinach, sorrel, radishes, turnips, salad, peas.

FRUITS.—Apples, oranges, pine-apples, currants, cherries, damsons, gooseberries, strawberries, raspberries, plums, peaches, nectarines.

AUGUST.

170. MEAT.—Beef, mutton, grass-lamb, venison, veal.

GAME AND POULTRY.—Grouse, pullets, fowls, pigeons, turkey-poults, moor-game, chickens, plovers, turkeys, wild pigeons, rabbits, wheatears, leverets.

FISH.—Turbot, whiting, dace, dabs, tench, thornback, flounders, perch, haddock, herrings, lobsters, crabs, pike, plaice, barbel, oysters, prawns, gurnet, brill, cod, crayfish, mullet, mackerel, soles, trout.

VEGETABLES.—French, kidney, Windsor, and scarlet beans, artichokes, lettuces, cauliflowers, cucumbers, salsify, radishes, salad, mushrooms, shallots, turnips, spinach, leeks, endive, peas.

FRUITS.—Apples, plums, peaches, greengages, damsons, cherries, currants, raspberries, gooseberries, nectarines, filberts.

ESPECIALLY IN SEASON IN AUGUST.—Turbot, mackerel, pike, perch, prawns, dace, crabs, herrings, lobsters, grouse, greengages, filberts, figs.

SEPTEMBER.

171. MEAT.—Beef, veal, mutton, lamb, venison.

GAME AND POULTRY.—Fowls, pullets, chickens, wild duck, partridges, hares, pigeons, rabbits, turkey-poults.

FISH.—Cod, haddock, flounders, plaice, soles, mullets, lobsters, oysters, prawns, carp, pike, perch, tench, herrings, brill, turbot, crabs, dace, trout.

VEGETABLES.—Cauliflowers, cabbages, turnips, peas, beans, artichokes, mushrooms, lettuces.

FRUITS.—Apples, plums, cherries, peaches, grapes, strawberries, pines, walnuts, filberts, hazel-nuts, quinces, medlars, currants, damsons.

ESPECIALLY IN SEASON IN SEPTEMBER.—Pike, perch, lobsters, dace, crabs, mussels, hares, moor-game, partridges, grouse.

OCTOBER.

172. MEAT.—Beef, veal, mutton, lamb, venison.

GAME AND POULTRY.—Turkeys, pullets, fowls, chickens, widgeons, larks, woodcocks, grouse, pheasants, pigeons, partridges, snipes, hares, rabbits.

FISH.—Oysters, lobsters, crabs, brill, gurnet, dory, smelts, halibut, gudgeon, barbel, perch, carp, tench, herrings, hake, pike, dace, trout.

VEGETABLES.—Turnips, cauliflowers, cabbages, beans, leeks, spinach, endive, celery, scorzonera, cardoon, parsley, salads, garlic, shallots.

FRUITS.—Plums, apples, peaches, medlars, walnuts, filberts, nuts, quinces, damsons, pine-apples.

ESPECIALLY IN SEASON IN OCTOBER.—Dace, pike, hake, dory, pheasants, partridges, widgeons, broccoli, truffles, grapes, medlars, tomatoes, hazel-nuts.

NOVEMBER.

173. MEAT.—Beef, mutton, venison.

GAME AND POULTRY.—Hares, rabbits, pheasants, partridges, fowls, pullets, turkeys, widgeons, snipe, woodcocks, larks, pigeons, grouse.

FISH.—Oysters, crabs, lobsters, dory, soles, smelt, gurnet, brill, carp, barbel, halibut, pike, tench, cockles, mussels, turbot, herrings, haddock, skate, whiting, cod, dace.

VEGETABLES.—Turnips, leeks, shallots, Jerusalem artichokes, cabbages, broccoli, savoys, spinach, beet, cardoons, chervil, endive, lettuces, salsify, scorzonera, Scotch kale, celery, mushrooms, tarragon, parsley, salads.

FRUITS.—Apples, quinces, walnuts, filberts, nuts.

ESPECIALLY IN SEASON IN NOVEMBER.—Pike, tench, plaice, dory, grouse, hares, snipes, woodcocks, chestnuts.

DECEMBER.

174. MEAT.—Beef, veal, mutton, doe-venison.

POULTRY AND GAME.—Hares, rabbits, pheasants, grouse,

partridges, woodcocks, snipes, fowls, pullets, chickens, turkeys, widgeons, pea-fowl, larks, capons.

FISH.—Sturgeons, turbot, soles, skate, codfish, haddocks, smelts, dory, gurnet, herrings, sprats, oysters, mussels, cockles, lobsters, shell fish, perch, carp, ling, dace.

VEGETABLES.—Cabbages, broccoli, savoys, Brussels sprouts, Scotch kale, sea-kale, spinach, endive, cardoons, lettuces, skirret, salsify, scorzonera, sorrel, turnips, Jerusalem artichokes, celery, shallots, mushrooms, parsley, horse-radish.

FRUITS.—Apples, medlars, figs, filberts, nuts, walnuts, currants.

ESPECIALLY IN SEASON IN DECEMBER. Haddocks, dace, tench, cod, dory, ling, skate, turbot, capon, pea-fowl.

M E N U S.

SOUPS.

JULIENNE SOUP.

175. Take three carrots, three turnips, the white part of a heart of celery, three onions, and three leeks. Wash and dry the vegetables, and cut them into thin shreds, which should not be more than one inch in length. Place the shreds in a stewpan with two ounces of butter, and stir them over a slow fire until slightly browned. Pour over them three quarts of clear stock, and simmer gently for an hour, or until the vegetables are tender. Carefully remove the scum and grease, and half an hour before the soup is done enough add two pinches of salt and two pinches of pepper. Julienne is seasonable for nine months of the year.

HUNTER'S SOUP.

176. Partially roast a brace of well-kept partridges, or a partridge and a grouse. Put them rather close to a clear

fire, and baste them plentifully. As soon as the outside is well browned, take them up, and when nearly cold cut the meat from the bones into nice fillets, and bruise the bones thoroughly. Cut half a pound of lean ham into dice, and fry these in one ounce of butter, with a sliced carrot, an onion, and a little parsley. Add two quarts of strong beef gravy, the bruised bones, and a little salt and cayenne. Simmer gently for two hours, and then strain and skim the soup. Add the slices of meat and a glass of claret, and let it heat once more without boiling.

OX-TAIL SOUP, CLEAR.

177. Cut a fine, fresh ox-tail into pieces about an inch long, and divide the thick part into four. Wash these pieces, and throw them into boiling water for a quarter of an hour, then drain and wipe them with a soft cloth. Put them into a stewpan with two carrots, an onion stuck with three cloves, a sprig of parsley, a small piece of thyme, two or three sticks of celery, half a blade of mace, a teaspoonful of salt, six or eight peppercorns, and a quart of water or clear stock. Boil, remove the scum carefully as it rises, then draw the saucepan to the side of the fire, and simmer very gently until the meat is tender. Lift out the pieces of ox-tail, and strain the soup.

PHEASANT SOUP.

178. Flour slightly a well-hung pheasant, put it down to a brisk fire, and roast it for a quarter of an hour, basting it plentifully all the time. Take it from the fire and let it get nearly cold, then take off the flesh from the breast and the upper part of the wings, skin it and put it aside. Cut up the rest of the bird, and bruise the bones. Scrape a small carrot finely, put it into a stewpan with an ounce of butter, an ounce of the lean of an unboiled ham finely minced, a small sprig of thyme, a bay-leaf, a handful of parsley, half a blade of mace, three or four cloves, half a

dozen peppercorns, a shallot, and three or four of the outer sticks of a head of celery. Stir these ingredients over a gentle fire until they are brightly browned, put in the flesh and the bruised body of the bird, pour over them a quart of veal or beef stock, and after boiling stew gently for half an hour, and be careful to remove the scum as it rises. Strain the soup, and rub the meat through a sieve. Mix the purée with the soup, add to it a small pinch of cayenne, a little salt, a glassful of chablis, and the fillets of the pheasant cut into thick slices. Stir over the fire until it is quite hot, and serve. Time, an hour and a half or more.

HARE SOUP.

179. Take the remains of a hare which has been roasted the day before, add to it a few bits of parsley, a stick of celery, a bunch of sweet herbs, also about a quart of water or weak stock. Simmer gently until the meat is nearly off the bones ; strain it, pick the meat off the bones ; rub this well through a hair or fine wire sieve ; add it to the soup with pepper, salt, and half a glass of trabener.

FOWL OR CHICKEN SOUP.

180. Have ready about two quarts of stock from veal bones, put it to some vegetables—carrot, onion, celery, parsley, and sweet herbs. Take a fowl or chicken, cut it into four pieces, put it into the stock, boil or simmer gently till tender. Strain the soup ; add to it the beaten yolks of two eggs, pepper and salt to taste. Cut some of the best meat off the fowl in neat pieces or joints, and add them also. Warm well and serve. A chicken, if young, will not require to stew so long as the vegetables.

GAME SOUP.

181. Take any game too old for roasting—a couple of partridges or three moor-fowl ; stew them well and slowly in about three parts of stock. When tender, take them out,

cut off some of the best pieces, return the rest to the soup ; add pepper, salt, and a little ketchup. Let this simmer gently while you prepare the pieces you have cut off. Take these pieces, trim them neatly, season well, shake a little flour over and fry a nice brown, but don't let them be greasy. Strain the soup through a sieve, rubbing as much of the meat from the game through as you can ; return the soup to the pan, put in the fried pieces of game ; make it very hot, and serve.

OYSTER SOUP.

182. Allow about three dozen to a quart of soup. Open them carefully, keep and strain the liquor from them, beard the oysters, and put the strained liquor over them. Take a quart of the palest veal stock and simmer the beards in it for twenty minutes ; strain, adding a little more stock if required. Put the oysters over the fire in their own liquor to plump them, but do not let them boil. Put the soup over the fire, add mace and cayenne, pour the liquor from the oysters to it, put the oysters into the tureen, and pour the soup over them and serve.

FISH SOUP.

183. Take any white or salt-water fish, cut off some of the best pieces, boil the bones and the other parts of the fish in a quart of water for an hour ; let it get cold, or nearly so ; slice a small onion, then put one ounce of butter into a saucepan, put in the onion, let it brown ; then lay in the pieces of fish which were kept, add pepper, salt, a glass of chablis, a tomato sliced and cored ; pour on to it the liquid from the fish bones, straining it to prevent the bits going in ; add a little chopped parsley ; simmer a quarter of an hour. Serve with toast.

TOMATO SOUP.

184. Put two ounces of butter into a saucepan, slice six tomatoes, two carrots, one onion, four ounces of veal, and

one of ham, add to the butter, let it steam a quarter of an hour, then add a good quart of stock (made from bones or beef), pepper, salt, and a bunch of sweet herbs. Simmer half an hour, take out the herbs, and pulp the rest through a sieve.

KIDNEY SOUP.

185. Add to the liquor of a boiled leg of mutton a bullock's kidney, put it over the fire, and when half done take out the kidney, and cut it into pieces the size of dice. Add three sticks of celery, three or four turnips, and the same of carrots, all cut small, and a bunch of sweet herbs tied together; season to your taste with pepper and salt. Let it boil slowly for five or six hours, adding a spoonful of mushroom ketchup. When done, take out the herbs, carefully skim, and serve the vegetables in the soup.

RABBIT SOUP.

186. Skin and empty a fine rabbit, and lay the liver aside. Cut it into joints, and fry them lightly; put them in the stewpan with the liver and three pints of good stock made from bones; let them simmer as gently as possible for an hour, or until the rabbit is done enough, carefully removing the scum as it rises. Take out the rabbit, cut off the best of the meat, lay it in a covered dish, and put it in a cool place. Bruise the bones and put them back into the stock, and with them two onions, a shallot, a carrot, a small bunch of parsley, a pinch of thyme, three or four sticks of celery, and a little salt and cayenne. Simmer the broth two hours longer. Take out the liver, rub it till smooth with the back of a wooden spoon, moisten with a little of the liquor and return it to the soup. Just before sending to table add half a glassful of claret and a teaspoonful of mushroom ketchup. Cut the pieces of meat into dice, let them get quite hot without boiling, and serve immediately. Time, three hours.

GIBLET SOUP.

187. Clean and prepare the giblets of a duck; put them into a saucepan with one ounce of butter, and brown very slightly; add half an onion, four peppercorns, a little salt, and a small bunch of herbs. Pour over the whole nearly one quart of hot water; stew gently until the meat is done to rags. Strain, and when perfectly cool remove every particle of fat. Mix this half-and-half with any other stock. Warm, add a dessertspoonful of chablis or trabener and a very little saccharin to a pint of this.

LOBSTER SOUP.

188. Pick the meat from a large freshly-boiled lobster, cut it into squares, and set it in a cool place until wanted. Take away the brown fin and bag in the head, and beat the small claws, the fins, and the chin in a mortar. Put them into a stewpan, and with them a small onion, a carrot, a bunch of sweet herbs, a stick of celery, the toasted crust of a French roll, a small strip of lemon-rind, a teaspoonful of salt, a pinch of cayenne, and a quart of unseasoned stock. Simmer all gently together for three-quarters of an hour, then press the soup through a tammy and return it again to the saucepan. Pound the coral to a smooth paste, and mix a little salt, pepper, and cayenne with it. Stir these into the soup, add the pieces, and when quite hot, without boiling, serve.

FISH.

MULLET, GRAY, BROILED.

189. Scale, clean, and take out the gills and inside. A fish of about two pounds would be best for this mode of cooking. Score the mullet on both sides, lay it on a dish, sprinkle with salt, and pour three tablespoonfuls of oil over it. Turn on the dish, drain, and when to be broiled fold

in oiled paper or not; the fire should be moderate and even. The scores should not be more than a quarter of an inch deep.

MULLET, STEWED.

190. Make a sauce as follows: Put in a stewpan three wineglassfuls of stock, slice thinly a small carrot and turnip, also half a small lemon, add a bay-leaf, a blade of mace, and a bunch of thyme and parsley. Lay in the fish and stew gently over a slow fire. Strain the gravy, season with salt and pepper, and serve the fish on a hot dish.

OYSTERS, COLD.

191. Oysters are never so excellent as when they are eaten uncooked if only they are quite fresh and newly opened. Thin brown bread and butter is usually served with them, and either lemon-juice or vinegar and pepper; but the true lover of oysters prefers them with nothing but their own gravy.

PERCH FRIED WITH HERBS.

192. Take two moderate-sized perch, wash, empty, and scale them carefully, wipe them dry, and lay them on a dish; sprinkle a little salt and pepper over them, and pour on them six tablespoonfuls of oil. Let them soak for half an hour, and turn them once during that time. Drain them well, and cover them thinly with finely-grated breadcrumbs, seasoned with pepper and salt, and flavoured with a powdered clove or a little grated nutmeg, a tablespoonful of chopped parsley, and a pinch of powdered thyme. Fry them in boiling fat till the fish are brightly browned. Serve on a hot dish; garnish with parsley, and send piquant sauce to table in a tureen. Time to fry: ten minutes or more, according to size.

LOBSTER, COLD.

193. Take off the large claws, and crack the shell lightly, without disfiguring the fish; split open the tail with a sharp knife, and dish the fish on a folded napkin, with the head in an upright position in the centre, and the tail and claws arranged neatly round it; garnish with parsley, salt, cayenne, mustard. A little salad-oil and vinegar should be eaten with it.

LOBSTER SALAD.

194. In making lobster salad be careful that the lobster is sweet and fresh, and that the lettuces are crisp and dry. Unless the latter are perfectly free from moisture, the sauce, instead of blending properly, will be liable to float in oily particles on the top. Take the meat of one or two large lobsters, divide it into neat pieces and season each piece slightly with pepper, salt, vinegar, and salad-oil; place a bed of shred lettuce-hearts at the bottom of the dish, put a layer of lobster on top of it, mixed, if liked, with a few slices of cucumber, cover again with lettuce, and repeat until the materials are exhausted. Decorate the borders with any garnish that may suit the taste.

GRILLED TURBOT.

195. Get a turbot cutlet about an inch and a half thick; clean and wipe it thoroughly in a dry cloth, brush it lightly over with oil, and grill for ten minutes, turning it both sides. Serve nice and hot with a little pepper, salt and lemon-juice squeezed over it.

WHITING, FRIED.

196. These fish are generally cleaned and skinned at the shop; if not they must be done by the cook. The tails should be fastened into the mouth; brush them over well with egg, beaten up, sprinkle them slightly with dried bread-

crumbs, and fry a nice brown in boiling lard; drain and dry well. They will take from seven to ten minutes to fry.

SMELTS.

197. These fish are very delicate and good, if quite fresh. Draw them at the gills, but don't open them; dry well in a cloth; dip them into beaten egg and fine breadcrumbs. Fry in boiling lard or fat for five to ten minutes.

SMELTS, BROILED.

198. Draw carefully and wipe a couple of large smelts, flour them well, and lay them on a gridiron over a gentle fire. When half done turn them carefully upon the other side. When they are done enough, put them on a hot dish, sprinkle a little salt upon them, and serve immediately. A cut lemon or a little sauce may be sent to table with them if preferred.

PLAICE, FILLETED.

199. Skin the plaice, lay it flat on the table, and with the point of a sharp knife cut right down the backbone. Insert the knife close to the head, slip it under the flesh, and pass it from head to tail; by this means the fillet may be removed entire and smooth, and the fish is ready to be fried or stewed.

STEWED WHITING.

200. Take off the skin and the heads and tails; lay the fish in a stewpan, and season each one with a quarter of a saltspoonful of salt, one grain of white pepper, a quarter of a saltspoonful of mixed sweet herbs in powder, and for the whole (four or six) the grated rind of half a lemon. Put in two ounces of dissolved butter, simmer for ten minutes; add a large wineglassful of marsala and the strained juice of a lemon; simmer five minutes more. Place the fish neatly on a hot dish, and pour the sauce over. Send to table immediately.

BOILED WHITING.

201. Whiting should be large for boiling, and with the skin taken off it is more delicate. Put it into boiling water, and simmer from twelve to eighteen minutes, according to the size; skim well. Drain, and serve on a neatly-folded napkin.

BOILED PLAICE.

202. Large plaice is best for boiling. Put it into plenty of hot water, with a tablespoonful of salt and a wineglassful of vinegar; boil up quickly, skim, and then simmer gently for twenty or twenty-five minutes.

SOLE AU VIN BLANC.

203. Put the sole, after it has been trimmed, into a fish-pan, and with it some slices of onion, a faggot of sweet herbs, a couple of cloves, some peppercorns and salt. Spread a little butter over the sole, and pour in enough French white wine to cover it. Let it boil for ten to twenty minutes, according to size of fish. Keep it covered while it is boiling. When it is done, remove the fish; keep it hot while making the sauce. Strain the liquor, return it to the pan, and add the yolks of one or two eggs, according to the quantity of liquor; only do not put too much egg; just enough to thicken the sauce is required. Put in a little chopped parsley, pour the sauce over the fish when thoroughly hot, and serve at once.*

* Dr. Davy says: 'If we give our attention to classed people—classed as to the kind of food they principally subsist on—we shall find that the fish-eating class are especially strong, healthy, and prolific. In no other class than in that of fishers do we see larger families, handsomer women, or more robust and active men. As an article of nourishment, fish does not possess the satisfaction and stimulating properties that belong to the flesh of animals and birds. On account of its being less satisfying than meat, the appetite returns at shorter intervals, and a larger quantity is required to be consumed.'

FILLETED SOLES (ITALIAN)

204. Skin and carefully wash the soles, separate the meat from the bone, and divide each fillet in two pieces. Brush them over with white of egg, sprinkle thinly with bread-crumbs and seasoning, and put them in a baking-dish. Place small pieces of butter over the whole, and bake for half an hour. When they are nearly done, squeeze the juice of a lemon over them, and serve on a dish with Italian sauce poured over.

BOILED SOLE.

205. Cleanse and wash the fish carefully, cut off the fins, but do not skin it. Lay it in a fish-kettle with sufficient cold water to cover it, salted with a little salt. Let it gradually come to a boil, and keep it simmering for a few minutes, according to the size of the fish. Dish it on a hot napkin after well draining it, and garnish with parsley and cut lemon. Send lobster sauce to table with it.

OYSTER FRITTERS.

206. Open a dozen oysters, and warm them in their own liquor for a minute; put them aside. Beat two eggs, and mix with them half a tablespoonful of milk. Add a little salt, a quarter of a saltspoonful of pepper, a quarter of a nutmeg grated, a quarter of a saltspoonful of pounded mace, and a quarter of a teaspoonful of grated lemon-rind. Dip the oysters into this batter, and then into finely-grated bread-crumbs. Fry in hot fat until they are brown and crisp. They may be used for garnishing.

COD, CRIMPED.

207. Make some deep cuts as far as the bones on both sides of a perfectly fresh cod, making the cuts at two inches' distance, and cut one or two gashes on the cheeks; then lay the fish in cold water, with a tablespoonful of vinegar in it, for an hour or two. It may afterwards be boiled or

fried. If it is to be boiled, it should be plunged at once into boiling water, and then simmered gently. Crimping renders the flesh firmer, and makes it better both to cook and to serve.

TROUT, FRIED.

208. Empty, clean, and dry the fish thoroughly; cut off the fins and gills, but leave the heads on. Rub them over with flour, and fry them in plenty of hot fat. When they are brown on one side, turn them carefully upon the other. Lift them out and drain them on blotting-paper before the fire. Serve on a hot napkin and garnish with parsley.

RED MULLET, BAKED.

209. Wash the mullet and rub it well with lemon-juice; put it in a tin dish, with a large mushroom finely chopped, two shallots chopped, three thin slices of carrot, and four sprigs of parsley chopped, a saltspoonful of salt, the same of white pepper, a quarter of a pint of trabener; bake in a moderate oven for three-quarters of an hour. Baste constantly with dissolved butter; serve with the sauce poured over the mullet. This recipe is written for a large mullet.

BAKED HERRINGS.

210. Take off the heads of six herrings, put them into a deep dish, and season with a saltspoonful of pepper, a teaspoonful of salt, a quarter of a grain of cayenne, two cloves, four allspice, six peppercorns, a blade of mace, half an inch of bruised ginger, and a teaspoonful of grated horseradish, add a gill of cold water and a gill of good vinegar. Bake in a slow oven for half an hour. Serve cold, with the sauce strained and a teaspoonful of finely-chopped chives added.

LING, FRESH.

211. Take one pound of ling, cut it into pieces three-quarters of an inch thick, rub it with pepper and salt, brush it lightly over with oil, and put it on the gridiron over a clear fire; in about ten minutes it will be done. Serve it plain, or with lemon or vinegar.

BAKED WHITINGS.

212. Clean four or six whittings well, cut off the heads, season well with pepper and salt; butter a pudding-dish at the bottom, lay in the fish, sprinkle them over with more butter and two tablespoonfuls of any light wine, put them in a moderate oven for half an hour; mix together three tablespoonfuls of chablis, two teaspoonfuls of finely-chopped herbs, one dessertspoonful of mushroom ketchup, two tablespoonfuls of gravy, a little cayenne: boil these together for a few minutes, pour over the fish, return them to the oven, and let them do slowly for half an hour more.

DRIED HADDOCK.

213. Boil it in a frying-pan, with just enough water to cover it; put it on a drainer to drain, then put it before the fire with a small piece of butter on it.

HERRINGS, PICKLED.

214. Take half a pound of salt, half a pound of bay-salt, one grain of saccharin, and an ounce of saltpetre. Pound all well together until reduced to a fine powder. Procure the herrings as fresh as possible, cut off the heads and tails, open them, and lay them for one hour in brine strong enough to float an egg. Drain, dry the fish with a soft cloth, and put them in layers into a deep jar, with a little of the powder between each layer, and a little both at the top and bottom of the jar. When the jar is full press it down and cover it closely. The fish will be ready in three months.

MACKEREL, BOILED.

215. Wash and clean carefully after removing the roes. The mackerel is in its greatest perfection when it has roe. Lay the fish and roes separately into cold water, and to a gallon of water add from three to four ounces of salt, and two tablespoonfuls of white vinegar; when at boiling-point skim, and simmer only until done. Much depends on the size of the fish. Remove at once when done, or from their great delicacy of skin they will crack if kept in the water. The usual test, when the eyes start and the tail splits, should be attended to. Serve on a napkin with the roe.

MACKEREL, BROILED.

216. Large fresh fish should be procured for broiling. Cleanse the fish thoroughly and dry in a cloth, or hang up in the air. Open it down the back, rub the inside with a little salt and cayenne mixed, and smear with clarified butter or good oil. Put it into a thickly-buttered paper loosely fastened at each end, and broil over a clear fire, or it may be broiled without the paper, though the former mode renders the fish so cooked more delicate, and not so apt to disagree with the stomach as when exposed to the fire uncovered.

BLOATERS.

217. Open the bloaters down the back and bone them. Lay the fish one on the other (insides together), and broil over a clear fire. When sent to table they are separated, laid on a hot dish, and rubbed over with a little butter; or, split up, take out the backbone, trim off the head, tail, and fins, double the fish over, and broil from five to six minutes over a clear fire.

GRILLED KIPPERED SALMON.

218. Cut some dried salmon into narrow pieces, about two inches wide and four long; broil them over a clear fire,

then rub them over with fresh butter seasoned with lemon-juice and cayenne. Serve very hot.

GRILLED SOLE.

219. Take a sole after it is skinned, thoroughly dry it in a nice clean cloth. Brush it lightly over with oil.* Have a gridiron hot, place it over a clear fire for ten minutes, turning it both sides.

GRILLED MACKEREL.

220. Get some nice *fresh* mackerel, clean and wipe them in a dry cloth. Cut them open down the back, sprinkle them with pepper and salt, and let them remain for two hours. Brush them lightly over with oil and place them on a hot gridiron, and grill them over a clear fire for ten minutes.

GRILLED HALIBUT.

221. Have some nice halibut cutlets about an inch in thickness, clean and wipe them dry, sprinkle with salt, and let them remain three or four hours. Brush them lightly over with oil and place them on a hot gridiron, and grill for ten minutes or rather more. Serve nice and hot with lemon-juice squeezed over them.

COD CUTLETS, GRILLED.

222. Get some nice *fresh* cod cutlets about an inch and a quarter in thickness. Clean and wipe them perfectly dry, brush them lightly over with oil, place them on a hot gridiron, and grill for rather more than ten minutes, turning them on both sides. Sprinkle them with pepper and salt and squeeze a little lemon-juice over them before sending them to table.

* If the reader will refer to paragraph 157, he will see that oil is only allowed after two months of a more rigorous dietary. See paragraph 59 also.

MEATS.

GRAVY.

223. When meat is roasted, it exudes a thick brown essence known as osmazone; this in most houses is allowed to remain in the vessel or tin dish in which the meat or game has been cooked, and is then thrown away as of no use. The proper way to make gravy is to skim off the fat the meat has been basted with, and then pour either stock or boiling water on the osmazone, adding a little salt and stirring until it is all dissolved off the vessel or basting dish; by this means a strong meat-flavoured gravy is obtained that has the characteristics of the meat cooked. Those who prefer a flavoured gravy can add Worcester sauce. All fat should be carefully skimmed off before it is sent in a tureen to table. Where this process is not carried out, a little Liebig's extract dissolved in boiling water is a substitute; but this has not the flavour of the particular dish cooked, and is not to be compared to the other process. Good gravy means good cooking, a rare thing in most households.

GRILLED BEEF STEAK.

224. Take a nice rump steak, beat it well, then sprinkle it with pepper and salt. Have ready a hot gridiron, put the steak on it and grill over a clear fire or gas-stove for ten minutes or more, according to size.

MUTTON KIDNEYS, FRIED.

225. Put the kidneys into a frying-pan with half an ounce of butter and a little pepper sprinkled over them. When done on one side, turn for an equal time on the other. Remove to a hot dish, add salt and a little sauce (Harvey's, or any other), and pour the gravy from the pan over them. Serve hot on very thin dry toast. Time: seven or eight minutes.

MUTTON CHOPS, GRILLED.

226 Take a few nice mutton chops cut from the loin, trim them and sprinkle them with pepper and salt. Have ready a hot gridiron, put the chops on it and grill them over a clear fire or in a gas-stove for ten minutes.

MUSHROOMS, GRILLED.

227. Cut the stalks, peel and score lightly the under side of large mushroom flaps, which should be firm and fresh gathered. Season them with pepper and salt, and put a small lump of butter on them. If quite sound, they may be laid on a gridiron over a slow even fire, and grilled on both sides; but they are best done in the oven if at all bruised.

MUTTON CUTLETS WITH TOMATO PURÉE.

228. Trim cutlets from well-hung mutton, beat them into shape after removing the chinebone, brush them with egg, and sprinkle thinly with fine breadcrumbs. Have ready a purée of fresh tomatoes made as follows: Pick a pound of ripe tomatoes, break them open and put them without their seeds into a stewpan, with an onion or a couple of shallots, sweet herbs and spice, if liked, salt and pepper; stir over a slow fire till the tomatoes can be pulped through a hair-sieve; return the pulp to the stewpan to simmer, add half an ounce of butter, and stir in two ounces of meat glaze. Arrange the cutlets in a circle a little overlapping each other, and fill the centre with the purée.

CHICKEN, GRILLED.

229. The best parts of chicken for this purpose are the legs and wings, but any part will do. Score the flesh in several places and rub in a mixture made of salt, cayenne pepper, mustard and a very small quantity of butter. Grill over a clear fire or gas-stove for five or ten minutes.

and serve on a hot dish. Pheasant is also very good done this way.

GRILLED TURKEY.

230. The legs of a turkey are the best part for this purpose, but slices of the breast and other parts are also very good. Score the parts deeply with a sharp knife, and rub in a mixture of salt, cayenne pepper, a little lemon-juice, and a small quantity of butter. Grill over a clear fire for ten minutes. Serve very hot.

PIGS' KIDNEYS, BROILED.

231. Split the kidneys lengthwise from the rounded part, without separating them entirely. Peel off the skin, and pass a wooden or metal skewer through them to keep them flat. Sprinkle a little pepper, salt, and powdered sage over them, oil them slightly, and broil them over a clear fire, the hollow side first, so that the gravy may be kept in when they are turned. Serve on a hot dish, either with or without maître d'hôtel sauce in a tureen. Time to broil the kidneys: four minutes each side, or more according to size.

HUNTER'S BEEF.

232. Take as lean a piece as can be procured of the flank of beef—the thin end is the best. Take out the bones and rub the meat well every day for a fortnight with a mixture made of one pound of salt, one ounce of saltpetre, one ounce of pounded cloves, and one grated nutmeg. At the end of the time roll it as closely and firmly as possible, and bind it securely with skewers and tape. Just cover it with water, and boil or bake it for five or six hours. Do not loosen the tapes, etc., until the meat is quite cold.

INDIAN DEVIL MIXTURE.

233. To a tablespoonful each of vinegar, ketchup, and chutney-paste, add an ounce of dissolved butter, a dessert-

spoonful of made mustard, salt, and a small cup of good rich gravy. Blend these ingredients thoroughly, and rub them into the meat. Make all hot together slowly. Time, ten minutes to make hot.

OX-TAIL, STEWED.

234. Take a fine ox-tail, disjoint it, cut it into pieces about one inch and a half long, and divide the thick parts into quarters. Throw these pieces into boiling water, and let them remain for a quarter of an hour. Take them up, wipe them with a soft cloth, and put them into a stewpan with two quarts of stock or water, a large onion stuck with three cloves, three carrots, a bunch of savoury herbs, and a little salt and pepper. Simmer gently until the meat parts easily from the bones, then put the pieces on a hot dish, reduce the gravy, strain it over them and garnish with toasted sippets. A little lemon-juice is by some persons considered an improvement. Time, three hours and a half to stew the tail.

OX-TAIL STEWED WITH SPINACH.

235. Stew the ox-tail according to the directions given in the last recipe. When the meat is tender, lift it out, strain the gravy, and reduce it to half the quantity. Pour it again over the meat, let it simmer a few minutes, then serve the stew, neatly arranged in a circle on a hot dish with spinach in the centre.

BEEF TRICE.

236. Beat and lard a juicy, tender steak of two pounds, lay it into a close-fitting covered stewpan, with equal quantities of water and vinegar. Add a little vegetable, particularly onion, and stew gently for two hours, but do not allow it to burn or stick to the pan ; when cold, cut the meat into strips, smear it with beaten egg, and strew over breadcrumbs well seasoned with pepper, shallot, and suet.

Fry till it is of a light-brown colour, which will be in about ten minutes.

CALF'S SWEETBREADS, STEWED.

237. Put two sweetbreads into a stewpan with some nicely flavoured stock, and let them simmer gently for three-quarters of an hour or more. Take them out and place them on a hot dish. Draw the gravy from the fire for a minute or two, and add to it very gradually the yolk of an egg. Put this over a gentle fire until the sauce thickens, but do not allow it to boil. Just before serving, squeeze into it the juice of a lemon.

MINCED COLLOPS.

238. Mince very well about one pound of raw beef (it must be tender and free from all skin or fat); season with salt and pepper. Put it into a saucepan, and stir with a fork frequently while it heats, to prevent its gathering into lumps; it must be perfectly smooth. Continue to simmer it gently for about a quarter of an hour; if it gets too dry, add a small bit of butter and a tablespoonful of gravy, but if properly cooked it should not require this. Serve in a hot-water dish, as it should be served very hot.

MUTTON, CURRIED.

239. Cut one pound of tender cold mutton in small square pieces. Put two ounces of butter into a stewpan, make it boiling hot, add two ounces of onion finely minced, brown this slightly. Then add one ounce of curry-powder and one saltspoonful of salt, stir over the fire until the curry-powder is well mixed in, then put in the mutton, and enough stock to keep it all soft, but it must not be liquid. Let it stew gently for ten minutes or a quarter of an hour.

GUINEA FOWL, ROASTED.

240. These birds should hang as long as they will before being cooked ; then they should be stuffed like a turkey, and served with gravy and a sauce piquante. They will take about an hour to roast.

PIGEONS.

241. These are good roasted or stewed ; if roasted, they should be used fresh and well basted, the heads and necks cut off, and trussed like a duck ; pour plenty of water through them before trussing, and wipe dry. Put into the inside of each a little butter and a bit of cayenne. They will take almost twenty-five minutes, but if very young not so long.

STEWED PIGEONS AND MUSHROOMS.

242. Put into a saucepan one ounce of fresh butter, cut up two pigeons into small pieces, let it stew a little, but not brown ; add one pint of good gravy, one tablespoonful of mushroom ketchup, salt, pepper, and cayenne ; stir well until it just boils, then let it simmer well for three-quarters of an hour ; add one or two dozen small mushrooms, and stew ten minutes longer ; then add two tablespoonfuls of cream. Serve on a hot dish, putting the mushrooms round the pigeons.

SWEETBREADS.

243. Have one or two very fresh sweetbreads, trim and half boil them in veal broth ; leave till nearly cold, then wash them over well with the yolk of an egg, and put them into fine, dry breadcrumbs, seasoned with salt and pepper ; shake them to allow any loose crumbs to drop off, then fry very gently in butter or lard.

BOILED FOWLS.

244. Take one quart of boiling water and one quart of cold water; clean and truss your fowl carefully. The legs should be drawn, cutting the skin at the first joint, and then put under the skin into the bodies, while the wings should be cut off short and twisted back; no livers or gizzards should be trussed with boiled fowl. Put them into water, mixed as above, that will be about right heat, but it must entirely cover them; skim well when it comes to the boil, then simmer. For a fowl, an hour; for chickens, about half the time.

PERDRIX AU VIN.

245. Roast two partridges; put into a stewpan three tablespoonfuls of rich gravy, a glass of claret, salt, pepper, the juice of a lemon, and a little cayenne. Cut up the birds, keeping them very hot. Make the sauce very hot over the fire, and pour over the partridges.

PHEASANT, BOILED.

246. Pick, draw, and singe the pheasant, and truss it firmly, as if for roasting; cover with buttered paper, wrap it in a floured cloth, plunge it into boiling water, and after it has once boiled up draw it to the side, and let it simmer as gently as possible until it is done enough. The more gently it is simmered the better it will look, and the tenderer it will be. Put it on a hot dish, pour a small quantity of sauce over it, and send the rest to table in a tureen. Time to boil, half an hour from the time of boiling for a small young bird; three-quarters of an hour for a larger one; one hour or more for an old one.

PHEASANT, BROILED.

247. Pick, draw, and singe the pheasant, and divide it neatly into joints; fry these in a little fat until they are

equally and lightly browned all over, drain them well, season with salt and cayenne, and dip them into egg and breadcrumbs. Broil over a clear fire and serve on a hot dish, with mushroom sauce or piquante sauce as an accompaniment. The remains of a cold roast pheasant may be treated in this way. Time to broil, about ten minutes.

PHEASANT, SALMI OF.

248. Roast a well-hung pheasant until it is a little more than half-dressed, then take it from the fire, and when it is almost cold cut it into neat joints, and carefully remove the skin and fat. Put the meat aside until wanted, and place the bones and trimmings in a saucepan with an ounce of fresh butter, a sprig of thyme, and a bay-leaf, and stir these ingredients over a slow fire until they are lightly browned, then pour over them half a pint of good brown sauce and a glassful of sherry. Let them simmer gently for a quarter of an hour ; strain the gravy, skim it carefully, add a pinch of cayenne and the juice of half a lemon, and put it back into the saucepan with the pieces of game. Let them heat very gradually, and on no account allow them to boil. Pile them on a hot dish, pour the hot sauce over them, and garnish with fried sippets. If there is no brown sauce at hand, it may be prepared as follows : Mince finely a quarter of a pound of the lean of an unboiled ham, and put it into a saucepan with two ounces of fresh butter, a shallot, a large scraped carrot, two or three mushrooms (if at hand), a blade of mace, a small sprig of thyme, a handful of parsley, two cloves, and half a dozen peppercorns. Stir these over a slow fire until they are brightly browned, then dredge a tablespoonful of flour over them, and let it colour also. Pour in gradually three-quarters of a pint of water and a glassful of sherry ; add a little salt and the bones and trimmings of the pheasants ; let the sauce boil up, then draw the saucepan to the side of the fire, and let it keep

simmering for an hour and a half. Strain the gravy and skim carefully, put it back into the saucepan with the joints of meat, a little saccharin, and a little lemon-juice. Heat slowly and serve as above. Time, twenty to thirty minutes to roast the pheasant; a quarter of an hour in the first instance, or an hour and a half in the second, to simmer the sauce.

PHEASANT, ROAST.

249. Pluck, draw, and singe a brace of pheasants. Wipe them with a dry cloth, truss them firmly, and either lard or tie round the breasts a piece of fat bacon. Flour them well, put them before a clear fire, and baste liberally. When they are done enough remove the bacon, serve the birds on a hot dish, and garnish with watercress. Send good brown gravy to table with them. If the fashion is liked, half a dozen of the best of the tail feathers may be stuck into the bird when it is dished. Time, three quarters of an hour to roast a good-sized pheasant. The drumsticks are generally excellent when devilled.

PARTRIDGES, BROILED.

250. Prepare the partridges as if for roasting, cut off their heads, split them entirely up the back, and flatten the breastbones a little. Wipe them thoroughly inside and out with a damp cloth, season with salt and cayenne, and broil over a gentle fire. As soon as they are done enough rub them quickly over with butter, and send them to table on a hot dish, with brown gravy or mushroom sauce in a tureen. Time, fifteen minutes to broil the partridges.

PARTRIDGES, SALMI OF.

251. Prepare three partridges, lard the breasts well, and roast them, but leave them rather underdone. Leave till cold; take off the skin and cut in joints; put them into a

stewpan with over half a pint of good broth, add two or three shallots and a bit of thin lemon-peel, pepper and salt to taste, and four teaspoonfuls of Worcester or any other good sauce. Put it on the fire, and let it stew down to half the quantity. Strain the sauce through a fine sieve, dish the partridges with a thin slice of fried bread between the pieces ; pour the sauce over, and add a squeeze of lemon-juice.

SALMI OF PARTRIDGES, COLD.

252. Prepare as above. When done, strain the sauce and leave all to become cold. The sauce can have a little Nelson's gelatine put to it, and be left to set. After it is all nearly cold, arrange the pieces of partridge in a mould, first putting a little of the sauce at the bottom, fill up with the sauce, and ice the whole together. Turn out ; serve with savoury or aspic jelly round.

PIGEONS, COMPÔTE OF.

253. Truss a dozen plump young pigeons as if for boiling. Lard them down the breasts, or, if preferred, cover their breasts with thin slices of fat bacon. Fry them in hot butter till they are equally and lightly browned all over, then divide them and put them in side by side in a saucepan large enough to contain them. Barely cover them with good gravy, and add half a dozen small onions, a dozen button mushrooms, a glassful of claret, a little salt, and cayenne. Let the birds stew gently for half an hour, then add a large tablespoonful of tomato sauce, and stew a few minutes longer. Place the birds on a hot dish, with the sauce around them.

MUTTON, NECK OF, BOILED.

254. Shorten the ribs and saw off the chine-bone of a neck of mutton, or from three or four pounds of the best end ; to look well it should not exceed five inches in length.

Pare off the fat that is in excess of what may be eaten, and boil slowly in plenty of water, slightly salted; skim carefully and remove the fat from the surface. The meat may be served plainly with caper or parsley sauce, and a garnish of boiled turnips and carrots cut into thin strips placed alternately round the dish. Four middle-sized turnips or three carrots may be boiled with the mutton. Time, a full quarter of an hour to the pound.

MUTTON, ROEBUCK FASHION.

255. Take a loin of mutton that has been well hung. Remove the fillet, skin, and cut away the fat and bones. Lay the loin in a marinade composed of equal parts of vinegar and water, to a pint of which add a glass of claret, a couple of carrots, and two large onions cut into quarters with a clove in each, a dozen peppercorns, two blades of mace, a bunch of herbs and parsley, some bay-leaves, and two teaspoonfuls of salt. When the mutton has lain in the marinade twenty-four hours, turn it, and let it lie until next day; then drain, and put it into a braising-pan with a little of the pickle, the pan being well lined with bacon. Stew it three hours. Glaze the meat and serve with gravy, adding walnut ketchup and a glass of claret.

LEVERET, ROASTED.

256. Leverets may be used when hares are out of season. They should be trussed in the same way, and may be stuffed or not (with hare stuffing), according to preference. A leveret is best when larded, but if this cannot be done, cover it either with thin slices of fat bacon or with a thickly buttered piece of white paper. Roast it before a brisk fire, and baste it constantly, and a few minutes before it is taken down remove the bacon or paper. Serve it very hot, and send red-currant jelly to table with it as well as the following gravy, a little of which may be put in the

dish and the rest in a tureen: Thicken half a pint of stock with a small piece of butter rolled in flour, let it boil for ten minutes, then stir a wineglassful of claret into it, boil up once more, and serve. Time, an hour to roast the leveret.

OMELETTE WITH GRAVY.

257. Whisk half a dozen fresh eggs thoroughly, and mix with them a small pinch of salt, two pinches of pepper, a tablespoonful of finely minced parsley, half a teaspoonful of chopped onions, and two tablespoonfuls of nicely seasoned gravy. Melt two ounces of fresh butter in a hot frying-pan, over a gentle fire, and fry the omlette in the usual way. Serve it on a hot dish with half a pint of good gravy poured round it. Time to fry, six or seven minutes.

FILLETS DE BŒUF AUX TRUFFES.

258. Cut out the inside of a sirloin of beef, beat it well to make it tender, cut it in slices, trimming them neatly; lay them in oil, and let them soak for ten minutes, then fry in butter. Chop up some parsley, lemon thyme, half a shallot, and slice some truffles (that have been previously cleaned and brushed, boiled for twenty minutes in some good stock, quarter of a pint, and half a pint of white wine, pepper and salt); add fifteen drops of vinegar. Lay the herbs in the middle of the dish and the fillet round, and the truffles round the fillets.

BOILED RABBITS.

259. Select very young ones for boiling; wash and clean well. Fasten the head to the side. Have water boiling and skimmed ready, put in the rabbits, and simmer gently for half to three-quarters of an hour.

ROAST RABBIT.

260. Rabbits can be cooked much the same as hares, but they will take hardly an hour to roast; if liked, the

backbone can be taken out ; it must be carefully done, so as not to break the skin. A rabbit done this way will require much more stuffing put into it ; a little thin bacon or slices of ham may be put in before the stuffing. Baste well.

TO STEW MUTTON CUTLETS (PLAIN).

261. These can be taken from either a loin or neck of mutton ; free them from skin and fat. Fry slightly, either plain or covered with egg and breadcrumbs. Have a good cold gravy ready ; put in your cutlets, cover your pan, and let them stew gently for an hour. Add a few button mushrooms to the gravy before serving.

STEWED RABBIT.

262. Cut up into neat joints. Take a large flat stewpan, make it hot, put into it a lump of lard about the size of a large walnut, put in the joints of rabbit so that each piece touches the bottom of the pan, add a little sliced onion, and sprinkle over them a little flour ; brown both sides. Then pour over it a pint of boiling water or weak stock, season with salt, pepper, and two or three cloves, a bit of allspice, a bunch of parsley, and two bay-leaves. Simmer slowly for one hour and a half, then add a tumbler of claret, and simmer again for one hour. It must not be allowed to do fast, or it will dry up too much.

RABBIT, RAGOÛT OF.

263. Skin, empty, and wash a plump young rabbit, cut it up into ten or twelve pieces, and lay it in a saucepan with a dozen button mushrooms, half a dozen small onions, a bunch of parsley, a sprig of thyme, and a bay-leaf. Pour over these ingredients as much boiling stock or water as will cover them, and let them simmer very gently until the rabbit is tender. Lift out the rabbit, skim and strain the sauce, and thicken with a tablespoonful of brown

thickening. Season with salt, pepper, and grated nutmeg, and let it boil till smooth. Add a wineglassful of chablis, if liked. Put in the pieces of meat. Let them get thoroughly hot without allowing the gravy to boil, arrange them neatly in a dish, pour the gravy over them, and serve very hot. Time to simmer the rabbit, from an hour and a half to two hours.

CHICKEN À LA MARENKO.

264. Cut a fine chicken into neat joints, season it with salt and cayenne, and fry it till done in about half a tumblerful of oil or clarified butter. When half cooked, add a clove of garlic, two shallots, and a fagot of sweet herbs. Drain the meat from the fat, and mix with the latter a teaspoonful of flour, and very gradually sufficient good stock to make the sauce of the consistence of thick cream. Stir it till it is thick and smooth. Put the chicken on a hot dish, strain the sauce over it, and serve. If liked, mushrooms or fried eggs may be taken to garnish the dish. Time, about twenty-five minutes to fry the chicken.

CHICKEN, FRIED.

265. Take the remains of a cold chicken, cut it into neat pieces, brush a little oil over each piece, and strew over it rather thickly salt and curry-powder. Melt a little butter in a frying-pan, and fry some onions, cut into thin strips about half an inch long and the eighth of an inch wide; fry them slowly, and keep them in the pan until they are a dark-brown colour and quite dry. They will require a little care, as they must on no account be burnt. Fry the chicken, strew the onions over it, and serve with slices of lemon. Time to fry the chicken, ten minutes.

CURRIED BEEF.

266. Cut up some beef into pieces about one inch square, put a little butter into a stewpan with a little onion sliced,

and fry them of a light-brown colour; add one dessert-spoonful of curry-powder, a quarter of a pint of stock or gravy, and stir gently over a brisk fire for about ten minutes. Should this be thought too dry, a spoonful or two more of gravy may be added; but a good curry should not be very thin. Serve with snippets of well-toasted bread. A nice way of doing up cold beef.

TO DRESS BEEF-KIDNEYS.

267. Cut a beef-kidney into neat slices, put them into warm water to soak for two hours, and change the water two or three times; then put them on a clean cloth to dry the water from them, and lay them in a frying-pan with some clarified butter, and fry them a nice brown; season each side with pepper and salt, put them into a stewpan, and then gently stew for an hour. Put them round the dish, and the gravy in the middle. Before pouring the gravy in the dish add one tablespoonful of lemon-juice and a very small quantity of saccharin.

MINCED BEEF.

268. Put into a stewpan a little butter with an onion chopped fine; add a little gravy and one tablespoonful of strong ale; season with pepper and salt, and stir these ingredients over the fire until the onion is a rich brown. Cut, but do not chop, some cold beef *very fine*, add it to the gravy, stir till quite hot, and serve. Be careful in not allowing the gravy to boil after the meat is added, as it would render it hard and tough.

VEGETABLES.

CABBAGE, BOILED.

269. Cut off the stalk, remove the faded and outer leaves, and halve, or, if large, quarter the cabbages. Wash them thoroughly and lay them for a few minutes in water, to

which a tablespoonful of vinegar has been added, to draw out any insects that may be lodging under the leaves. Drain them in a colander. Have ready a large pan of boiling water, with a tablespoonful of salt and a small piece of soda in it, and let the cabbages boil quickly till tender, leaving the saucepan uncovered. Take them up as soon as they are done, drain them thoroughly and serve. Time to boil young summer cabbages, from ten to fifteen minutes; large cabbages, half an hour or more.

SAVOY CABBAGE.

270. The savoy is a large, close-hearted cabbage, seasonable in winter. It may be dressed according to the instructions already given for boiling cabbages. A savoy cabbage will need to boil thirty minutes or more, according to size.

BROCCOLI, BOILED.

271. Trim off all leaves that are not required **or** liked, and place the broccoli in a pan of salted water to kill any insects, etc., that may have taken shelter under the stalks. Wash them well and put them into an uncovered saucepan of boiling water, with a large tablespoonful of salt to every half-gallon of water. Keep them boiling till done, which will be in about ten or fifteen minutes, according to size. Drain them directly they are done, **or** they will lose colour and become sodden.

SCOTCH KALE.

272. Like all other greens, Scotch kale should be procured as fresh as possible. Cut away the outer and decayed leaves and the stalks, wash the kale with scrupulous care, and drain it. Put it into boiling water slightly salted, and let it boil quickly until done enough. Take it up, drain it thoroughly, and serve very hot. Whilst the kale is boiling, the saucepan should be left uncovered. Time to boil, twenty minutes.

SEAKALE, BOILED.

273. When fresh and delicately cooked, seakale resembles, and will serve as a substitute for, asparagus. Carefully wash and brush the seakale to remove the sand and grit, cut out the black part of the roots and tie the shoots up in small bundles, and put it into a stewpan of boiling water with a teaspoonful of salt; let it boil for about twenty minutes, or until tender.

SPINACH, BOILED.

274. Take two pailfuls of spinach, young and freshly gathered, pick away the stalks, wash the leaves in several waters, lift them out with the hands that the sand or grit may remain at the bottom, and drain them on a sieve. Put them into a saucepan with a good sprinkling of salt and the water which clings to the leaves, and let them boil until tender. Take the spinach up, drain it, and press it well; chop it small, and put it into a clean saucepan with a little pepper and salt and a slice of fresh butter; stir it well for five minutes. Serve on a hot dish, and garnish with fried sippets. Time to boil the spinach, ten to fifteen minutes.

CELERY, STEWED.

275. Wash four heads of celery very clean, trim them neatly, cutting off the leaves and tops; cut them into three-inch lengths and tie them in small bundles, and parboil them in sufficient salt and water to cover them. Drain, and stew them until tender in some stock. Brown two ounces of butter with a teaspoonful of flour in a saucepan, dilute it with the stock in which the celery was boiled, lay the celery in it, let it boil for ten minutes more, and serve as hot as possible. Time, three-quarters of an hour.

CARDOONS, BOILED.

276. Choose a few heads of sound white cardoons. Cut them into pieces about six inches long, remove the prickles, and blanch them in boiling water for a quarter of an hour. Scrape off the skin, and tie them in bundles. Cover them with nicely-flavoured stock, and boil till tender.

TURNIPS, BOILED.

277. Turnips should only be served whole when they are very young. When they have reached any size they should be mashed. Pare the turnips and wash them: if very young, a little of the green top may be left on; if very large, they should be divided into halves, or even quarters. Throw them into slightly salted water, and let them boil gently till tender. Drain and serve them. Time to boil old turnips, three-quarters of an hour to an hour and a half; young turnips, fifteen to twenty-five minutes.

ARTICHOKEs, BOILED.

278. Gather the artichokes two or three days before they are required for use. Cut off the stems, pull out the strings, and wash them in two or three waters, that no insects may be in them. Have a large saucepan of boiling water, with two tablespoonfuls of salt and a piece of soda the size of a sixpence to every gallon of water, put the artichokes in with the tops downwards, and let them boil quickly until tender. About half an hour or three quarters will boil them, but that can be ascertained by pulling out one of the leaves (if it comes out easily they are done), or by trying them with a fork. Take them out and lay them upside down to drain. Serve them on a napkin.

ASPARAGUS, BOILED.

279. Scrape very clean all the white part of the stalks from the asparagus, and throw them into cold spring water,

tie them up in bundles, cut the root-ends even, and put them in a piece of muslin to preserve the tops. Have a wide stewpan of spring water, with one tablespoonful of salt to half a gallon of water, and when it boils lay in the asparagus and boil it quickly for fifteen minutes, or until it is tender. Lay them in the dish with the white ends outwards and the points meeting in the centre.

To Boil French Beans.

280. Take as many French beans as you may require, cut off the tops and bottoms, and remove the strings from each side: then divide each bean into three or four pieces, cutting them lengthways, and as they are cut put them into cold water with a little salt. Have ready a saucepan of boiling water, drain the beans from the cold water, and put them in. Boil them quickly with the saucepan uncovered, and as soon as they are done drain them in a colander. Dish, and serve them with a small piece of butter stirred into them.

CAULIFLOWERS, BOILED.

281. Make choice of some cauliflowers that are close and white, pick off all the decayed leaves, and cut the stalk off flat at the bottom; then put them with the heads downwards in strong salt and water for an hour, to draw out all the insects. Drain them in a colander, and put them into a saucepan with plenty of fast-boiling water; keep the pan uncovered, and boil them quickly until tender, which will be from twelve to fifteen minutes, or longer if they are very large. Skim the water clean, and when done take them up with a slice and serve.

VEGETABLE MARROWS, BOILED.

282. Peel the marrows, and put them into a saucepan of boiling water and salt (one tablespoonful of salt to half a gallon of water). When tender, take them out; cut them

into quarters if large ; if not, halve them. Serve them in a vegetable-dish.

VEGETABLE MARROW IN GRAVY.

283. Boil a large marrow in the usual way. When three-parts cooked, take it up, cut it into squares, place these in a saucepan, and pour over them as much thick brown gravy as will cover them. Let them heat gently. Serve in a vegetable-dish with the gravy poured round them.

GREEN PEAS, BOILED.

284. Shell half a peck of green peas, and put them into a saucepan of boiling water with a teaspoonful of salt and a sprig or two of mint ; let them boil about half an hour with the pan closely covered. When tender, drain them through a colander, and put them in a dish with a bit of butter stirred into them. Serve them up very hot.

LEEKS, BOILED.

285. Leeks are generally used in soups, etc. If served alone, take them when very young, trim off the root, the outer leaves, and the green ends, and cut the stalks into six-inch lengths. Tie them in bundles, put them into boiling water, with a dessertspoonful of salt and a tablespoonful of vinegar, and let them boil until quite tender. Drain them and serve.

BRUSSELS SPROUTS.

286. Pick, trim, and wash a number of sprouts ; put them into plenty of fast-boiling water. The sudden immersion of the vegetables will check the boiling for some little time, but they must be brought to a boil as quickly as possible, that they may not lose their green colour ; add a teaspoonful of salt, keep the saucepan uncovered, and boil very fast for fifteen minutes. Lose no time in draining them when sufficiently done.

TOMATOES.

287. Cut in slices, fry in butter just brown; add one tablespoonful of white vinegar, chilli, a few drops of tarragon, one saltspoon of salt, and a little saccharin. Simmer twenty minutes.

BROILED MUSHROOMS.

288. Skin the mushrooms and cut off the stalks; put them in a Dutch oven in front of the fire, with a little butter, pepper, and salt. Serve on toast thinly buttered.

MASHED TURNIPS.

289. Take six moderate-sized turnips, pare them neatly, and put them into cold water to blanch for half an hour; then put them into boiling water, and boil about half an hour; drain and press out all the water, and rub the turnips through a wire sieve; put them into a stewpan with half a gill of thick cream and a saltspoonful of salt; stir till boiling hot, then serve.

BOILED ONIONS.

290. Peel the onions, and boil them in salt and water for ten minutes; throw them into cold water for half an hour, then put them into a saucepan, and well cover them with cold water, and let them boil gently for an hour. Drain, and serve with or without dissolved butter over them.

PORTUGAL ONIONS, STEWED.

291. Peel the onions, and place them in a stewpan; for each onion knead together half an ounce of butter and a little saccharin; put it on the onions, and let them slowly become slightly browned. Then pour over each a teaspoonful of tomato sauce and a tablespoonful of gravy or stock: simmer gently for three hours, basting the onions frequently with the gravy. Serve very hot.

RAGOÛT OF CELERY.

292. Wash well, and boil half an hour. Take out the celery, put it into cold water for a quarter of an hour, then strain well. Stew in good gravy with a little mushroom ketchup, salt and pepper. Serve hot.

SPINACH WITH GRAVY.

293. Prepare the spinach in the usual way as in the foregoing recipe. Dissolve two ounces of fresh butter in a saucepan, put in the spinach and stir it till the butter has dried away. Add a teaspoonful of salt, a very little saccharin, and as much grated nutmeg as will cover a sixpence. Stir it again, and moisten with two tablespoonfuls of highly-seasoned veal broth and a teaspoonful of chilli vinegar. Stir it over the fire till the liquid is absorbed, and serve very hot.

ARTICHOKE STEWED IN GRAVY.

294. Strip off the leaves from the artichokes, remove the chokes, and soak them in lukewarm water for three hours, changing the water three or four times. Place them in a saucepan with enough gravy to cover them, a tablespoonful of mushroom ketchup, the juice of a lemon, and a piece of butter the size of a walnut. Let them stew gently until tender, then serve with the sauce poured over them, and as hot as possible.

ARTICHOKE MASHED.

295. Wash and pare some artichokes; boil them in salt and water until quite tender, then drain and press the water thoroughly from them. Put them into a saucepan, and beat to a pulp, adding salt, pepper, and a little cream. Serve very hot.

STEWED RED CABBAGE.

296. Cut a cabbage in shreds, wash it well in salt and water, put it into a stewpan without draining it much, add

pepper and a little broth, a tablespoonful of vinegar, and a small lump of butter. Stew till tender.

STEWED CUCUMBERS.

297. Peel and core the cucumbers, cut them into neat pieces, fry in a little butter, put the fried pieces into a stewpan with a little good gravy, pepper, salt, and a teaspoonful of vinegar. Stew gently till tender.

CURRIED TOMATOES.

298. Cut the tomatoes in slices; either bake or fry them lightly. Grate an apple, chop a bit of onion small, fry in hot butter till quite tender, add two large teaspoonfuls of curry-powder, put in a few spoonfuls of good thick gravy, simmer a few minutes, add the tomatoes with a very little lemon-juice; let it be rather thick. Serve hot.

SEAKALE, STEWED.

299. Wash the seakale, and tie it in bundles. Boil it in salted water for a quarter of an hour, then drain it, and put it into a saucepan with as much brown gravy as will cover it; stew gently till tender. Lay it in a hot dish, stir a little lemon-juice into the sauce and pour it over.

CAULIFLOWER WITH SAUCE.

300. Boil two large white cauliflowers in a little salt and water until tender, then cut off the stalks and press them head downwards into a hot basin. Turn them into a tureen, and pour round them a little tomato or piquante sauce.

VEGETABLE MARROWS, MASHED.

301. Boil two good-sized vegetable marrows in a little salt and water till tender. Take them up, drain them, turn them into a bowl and mash them with a wooden spoon. Heat them in a saucepan with a piece of melted butter the

size of a walnut, and a little pepper and salt. Marrows dressed thus are excellent, served piled high in the centre of a dish of cutlets.

TOMATOES, BAKED.

302. Slice six or eight ripe tomatoes, season with pepper and salt, and sprinkle breadcrumbs lightly over them; divide about two ounces of fresh butter into little pieces, and place these here and there upon them. Bake in a moderate oven. Serve on a hot dish as an accompaniment to roast meat of all kinds.

STEWED MUSHROOMS.

303. Take off the skin and stems, wash the mushrooms quickly, place them in a stewpan (an earthen one is best) with two ounces of butter, a tablespoonful of water, a teaspoonful of vinegar, a saltspoonful of pepper, a teaspoonful of salt. Simmer for twenty minutes, throw in half a gill of cream, and serve very hot.

BRUSSELS SPROUTS, SAUTÉ.

304. Wash and drain one pound of sprouts; put them into boiling salt and water for a quarter of an hour. When done, dry them on a clean cloth; dissolve half an ounce of butter in a pan, and shake the sprouts in it over the fire for a minute or two; season them with pepper, salt, and a little nutmeg, and serve very hot. Sprouts about the size of a walnut have the most delicate flavour.

SACCHARIN.

305. The discovery of the above substitute for sugar is a boon to those who suffer from corpulency or skin disease, as the use of sugar in both cases is injurious, and this article, for which we are indebted to Dr. Fahlberg, is a perfect substitute. Experiments have been made of the most

exhaustive nature, that prove it to be perfectly harmless, and Dr. Pavv and others give the following as the result of their investigation :

(1) That saccharin is quite innocuous when taken in ordinary dietary.

(2) Saccharin does not interfere with or impede the digestive processes when taken in any ordinary quantity. The *Lancet* says its continued use is quite harmless.

This being so, sugar—one of the great dietetic articles so constantly used in food, and the greatest of all fattening substances—may be completely cast aside, as saccharin is a perfect substitute, and quite as convenient to use. It is sold in a soluble powder and in the form of a tabloid, containing half a grain, this being equal to about half an ounce of sugar.

For stewed fruits, jellies, and all culinary purposes it will be found that two tabloids are equal to quite one ounce of sugar. They are soluble in hot or cold water. One tabloid, or half a grain of the powder, is sufficient for a large cup of tea or coffee. The best-known makers are Messrs. Richardson, manufacturing chemists, Leicester, and Burroughs, Wellcome and Co., Snow Hill Buildings, London. Mr. Blatchley, of 167, Oxford Street, London, supplies liquid saccharin.

The recipes for jellies, beverages, etc., given in this book have been tried by the author, and he can speak of them as in every way equal to those containing sugar. If it is desirable to make a *firm* jelly, a little more isinglass or gelatine should be used than is given in the recipe. Sugar, as is well known, is the most fattening article in the daily dietary, and with some people the most bilious, so that it is equally a boon to those who are troubled with an inactive liver. This article has a great future before it, and should entirely take the place of sugar in the dietary of those disposed to corpulency. By its aid stewed fruits, tea, coffee, and other daily requisites are made palatable.

FRUITS, JELLIES, AND CREAMS, SWEETENED WITH SACCHARIN.

LEMON CREAM.

306. Pare into a pint of water the peel of three large lemons; let it stand four or five hours; then take them out, and put to the water the juice of four lemons and four grains of saccharin, or eight tabloids dissolved in a little boiling water. Beat the whites of six eggs, and mix it all together; strain it through a lawn sieve, set it over a slow fire, stir it one way until as thick as good cream, then take it off the fire, and stir it until cold, and put it into a glass dish. Orange cream may be made in the same way, adding the yolks of three eggs.

LEMON CREAM WITHOUT CREAM.

307. Put a quart of new milk into a stewpan with the peel of three small lemons cut thin, four grains of saccharin or eight tabloids, three-quarters of an ounce of bitter almonds, blanched and pounded to a paste, and about two ounces of gelatine or isinglass. Boil the whole over a moderate fire for eight or nine minutes, until the gelatine or isinglass is thoroughly dissolved; then strain it through a fine sieve into a jug with a lip to it, stir in the yolks of seven well-beaten eggs, and pour the mixture from one jug to another until barely cold; then add the strained juice of three small lemons, stir it quickly together, and pour it into an oiled mould.

RASPBERRY CREAM WITHOUT CREAM.

308. Mix with a quarter of a pound of raspberries three grains of saccharin or six tabloids, and the whites of four eggs. All to be beaten together for one hour, and then put in lumps in a glass dish.

CALF'S-FOOT JELLY.

309. Cut two calf's feet in small pieces after they have been well cleaned and the hair taken off. Stew them very gently in two quarts of water till it is reduced to one quart. When cold, take off the fat and remove the jelly from the sediment. Put it into a saucepan with six grains of saccharin or twelve tabloids, a pint of white wine, a wineglass of brandy in it, the peel of four lemons finely chopped, the whites of four eggs well beaten, and their shells broken. Put the saucepan on the fire, but do not stir the jelly after it begins to warm. Let it boil a quarter of an hour after it rises to a head ; then cover it close, and let it stand about half an hour ; after which, pour it through a jelly-bag, first dipping the bag in hot water to prevent waste, and squeezing it quite dry. Pour the jelly through and through until clear, then put it into a mould.

GOOSEBERRY FOOL.

310. Put two quarts of gooseberries into a stewpan with a quart of water ; when they begin to turn yellow and swell, drain the water from them and press them with the back of a spoon through a colander ; sweeten them with saccharin to your taste, and set them to cool. Put two quarts of milk over the fire, beaten up with the yolks of four eggs and a little grated nutmeg ; stir it over the fire and then gradually into the cold gooseberries ; let it stand until cold, and serve it. The eggs may be left out, and milk only may be used. Half this quantity makes a good dishful.

STEWED PRUNES.

311. Take one pound of prunes, wash them in cold water, then put them into a stewpan with one quart of water, two grains of saccharin and two or three drops of cochineal ; then gradually bring to the boil, and stew gently for an hour. Serve when cold.

LEMON JELLY.

312. Soak one and a half ounces of gelatine in half a pint of water for half an hour. Put into a saucepan one pint and a half of water with the peel of one lemon and also the juice. Let it boil for a few minutes and then pour it on the gelatine; sweeten with three grains of saccharin, return it all to the saucepan, and stir quickly into it the white and shell of one egg well beaten. Let it gradually come to the boil, and boil for a minute; then stand it away from the fire for two minutes, skim well and strain through a jelly-bag until clear, and then add one wineglass of brandy. When nearly cold, pour into a jelly-mould to set.

CLARET JELLY.

313. Take one bottle of claret, the juice and rind of a lemon, one small pot of red-currant jelly, six grains of saccharin, one and a half ounces of isinglass, and one wine-glass of brandy. Boil all together for five minutes; strain into a mould and let it get cold; serve with cream sauce—recipe for which is as follows: Half a pint of cream, sweetened, and flavoured with vanilla and slightly whisked, poured round the jelly.

STRAWBERRY JELLY.

314. Take a quart of fine ripe strawberries, and pour over them a pint of water that has boiled for twenty minutes, with eight grains of saccharin. The next day drain off the syrup from the strawberries without bruising them, and, to increase the fruity flavour, add a little lemon-juice. Clarify two ounces and a half of isinglass in a pint of water, and let it stand till nearly cold; then mix it with the fruit-juice and pour into moulds.

ORANGE JELLY.

315. To the juice of eight fine sweet oranges and four Seville, well strained, add an ounce and a half of isinglass

dissolved in boiling water; sweeten with four grains of saccharin, and stir it gently over the fire, but do not let it boil. Pour the jelly into moulds when nearly cold, the moulds having been previously filled with cold water.

CURRENT AND RASPBERRY JELLY.

316. Bruise in a jar two pounds of red and one pound of white currants with a pint of red raspberries; place the jar in boiling water to extract the juice. Boil three-quarters of a pint of water, two ounces of isinglass, and twelve grains of saccharin. Allow both the fruit-juice, when strained, and the sweetened isinglass to cool; then mix equal quantities, pour into shapes, and place the jelly in ice.

STEWED APPLES.

317. Take three or four very good American apples; peel and core carefully; cut into slices. Put the slices into a saucepan with a tablespoonful of water; boil till quite tender, then beat them quite smooth with a fork, adding saccharin and lemon-juice to taste. Not the least lump or bit of core should be left.

RED RHUBARB.

318. Cut one pound of rhubarb one inch long; put into a pan with two tablespoonfuls of water and three grains of saccharin; stir on a slow fire till tender.

COMPOTE OF CHERRIES.

319. Choose large, ripe, light-coloured cherries, wipe them, and leave on them about an inch of stalk, making all uniform. Put eight grains of saccharin into a saucepan with a breakfastcupful of water, and let it boil for a minute; then put into it a pound and a half of the cherries, and simmer them for three minutes. Dish them when cold with the stalks uppermost. A tablespoonful of brandy may be added if liked.

SNOW PUDDING.

320. Put into half a pint of cold water half a packet of gelatine. Let it stand one hour; then add one pint of boiling water, eight grains of saccharin, and the juice of two lemons. Stir and strain, and let it stand all night; beat very stiff the whites of two eggs, and beat well into the mixture; pour into a mould.

RHUBARB MOULD.

321. One quart of red rhubarb cut in pieces, put into a saucepan with a lid; let it boil till it is a pulp. Soak half an ounce of gelatine in cold water, pour on to it just enough boiling water to dissolve it, add it to the rhubarb with sixteen grains of saccharin; let it boil fifteen minutes; add a few drops of essence of lemon, butter a mould, and pour in the rhubarb. Next day dip the mould in hot water, and turn the rhubarb out on a glass dish.

APPLE SNOW.

322. Reduce half a dozen apples to a pulp, press them through a sieve, sweeten with saccharin, and flavour them. Take the whites of six eggs, whisk them for some minutes with a little saccharin. Beat the pulp to a froth, then mix the two together, and whisk them until they look like stiff snow. Pile high in rough pieces on a glass dish, stick a sprig of myrtle in the middle, and garnish with small pieces of bright-coloured jelly.

RHUBARB FOOL.

323. Wash and, if necessary, peel the rhubarb and cut it up into small pieces. Put as much as is to be used into a jar which has a closely-fitting lid, with as much saccharin as will be required to sweeten it. Set this jar in a saucepan of boiling water, and keep it boiling until the fruit is quite soft. Rub it through a sieve with the back of a wooden spoon, and mix with the pulp as much cream as will

make it of the consistency of gruel. Taste it, and, if not sufficiently sweet, add a little more saccharin. Serve cold in a glass dish.

PLUMS, COMPOTE OF.

324. Boil half a pint of water with two grains of saccharin; put in a pound of plums, and let them simmer until they are tender, without being broken, if possible. Lift them out, place them on a compote dish, and pour the syrup over them. Cream may be eaten with them.

MOULDED PEARS.

325. Peel and cut the pears into quarters; put them into a jar, with one pint of water, eight cloves, a small piece of cinnamon, and sweeten the whole nicely with saccharin; cover down the top of the jar, and bake the pears in a gentle oven until perfectly tender, but do not allow them to break. When done, lay the pears in a plain mould, which should be well wetted, and boil half a pint of the liquor the pears were baked in with a quarter of a pint of raisin wine, a strip of lemon-peel, the juice of half a lemon, and one ounce of gelatine; let these ingredients boil quickly for five minutes, then strain the liquid warm over the pears, put the mould in a cool place, and when the jelly is firm turn it out on a glass dish.

DAMSONS, COMPOTE OF.

326. Take eight grains of saccharin and one pint of water; let it simmer on the fire until the saccharin is dissolved, then throw in the white of an egg, and take off the scum as it rises. When the syrup has boiled fifteen minutes drop into it, one by one, a quart of sound damsons, and simmer until soft without breaking them. Remove them from the syrup, and boil it again; let it cool, and pour it over the damsons, which should have been previously arranged in a glass dish. A glass of whipped cream is a nice accompaniment to this dish.

APRICOTS, COMPOTE OF.

327. Take one dozen large, sound apricots ; halve them, remove the stones, and blanch the kernels. Put twelve grains of saccharin into a pint and a half of water. Let it boil ; then put in the apricots, and let them simmer very gently for a few minutes. Take them out, drain them, and arrange them in a dish. When the syrup is cold, pour it over the fruit ; put half a kernel upon each piece of apricot.

BEVERAGES.

328. As saccharin as a substitute for sugar will now be given in all beverages, the reader will please remember that as tastes differ so much in regard to sweetness, it is best not to overdo this process. It is an easy matter to add a little, but too much cannot be withdrawn. Generally speaking, one saccharin tabloid—this is about the size of a split-pea of the shops—is sufficient to sweeten a large cup of tea or coffee, or a tumbler of lemon-water : if this is remembered there will be no difficulty in regulating the amount necessary in any given cup. Each of Burroughs, Wellcome, and Co.'s tabloids contains half a grain of pure saccharin, and one of these has the sweetening properties of half an ounce of sugar. They should in all cases be dissolved in boiling water, and this then put aside to cool before use. A more wholesome and pleasant drinking beverage for tennis than the following one cannot be made. There are no fattening or bile-making properties in it.

ZELTINGER CUP.

329. Take four saccharin tabloids, and dissolve them in about a wineglassful of boiling water. Let these become cold. Then mix in a punch-bowl one bottle of Zeltinger and one bottle of soda-water. Slice in the whole of a lemon, a grating of nutmeg, and a sprig of borage. When the

saccharin water has become sufficiently cool add it, and throw in half a pound of ice broken into small pieces.

When a large quantity is required, increase these ingredients in the same proportion.

MOSELLE CUP.

330. A more sparkling 'cup' may be made in this way, and though, of course, it is not entirely free from sugar, it is as harmless as it is possible to have any 'cup' that contains a sparkling wine.

Dissolve eight or ten saccharin tabloids in a wineglassful of boiling water. Take a bottle of sparkling Burgundy, a bottle of Schloss Rheinhausen, a slice of cucumber, two bottles of soda-water, and mix. When cold, add the dissolved saccharin, and break in two or three pounds of lake-ice.

Refrigerators are now to be found in most well-appointed houses, but where they are not, one should be procured, and I can safely say that the small expense incurred would be amply repaid by the luxury in the hot weather of being able to have nice and cool beverages. There are so many in the market that it is hardly possible to recommend any particular kind, but most respectable ironmongers would know how to get one suitable for keeping cool claret and other 'cups.' In these days, too, ice can be procured almost anywhere, and if wrapped up in flannel can be kept for many hours, or even days.

Perhaps it would be in place to mention here that the proper way to break ice into lumps is to take a sharp instrument—say a darning-needle—and a small mallet. By using the needle as a chisel the ice can be broken into suitable pieces with perfect ease.

To keep a liquid cold, the vessel it is in should be wrapped round with a wet cloth. The evaporation of this brings the contents of the vessel almost to freezing-point. The cloth should be kept wet by adding water to it as it dries.

WINES FOR THE GOUTY.

331. While on the subject of the hygiene of certain wines, it is a curious fact, but one of undoubted interest to the gouty, that Rhine wines, as a result of their freedom from sugar, do not tend to induce the disease. It requires a combination of sugar and spirit, apparently, to produce gouty poison, for those who take large quantities of sugar and abstain from alcoholic beverages enjoy a great immunity from gout (though not from biliousness), whilst those who drink spirits that are free from sugar likewise rarely suffer from this malady. On the contrary, however, others who take liquors that contain the two properties combined, such as port and other sweet wines, are notably subject to gout. Sir Robert Christison, during thirty years' experience in the Royal Infirmary at Edinburgh, only met with two cases of gout; and both of these were in fat and over-fed English butlers. Russians, Poles, and Danes, though they drink large quantities of spirits, enjoy almost complete immunity from gout.

SPARKLING MOSELLE CUP.

332. A very nice 'cup' suitable for tennis parties may be made in the following manner:

Take two bottles of Schloss Rheinhausen, one bottle of dry sparkling Moselle, two lemons cut into slices, four bottles of soda-water, and two pounds of ice. Sweeten with ten or twelve saccharin tabloids, previously dissolved in a little boiling water and allowed to get cold.

It should be remembered that these beverages are quite as pleasant to the taste as those brewed where large quantities of sugar are used, and far more healthy to those fat people who prefer drinks containing wine. In fact, made with *saccharin* instead of sugar, even ordinary people would find them less bilious and equally palatable. There are very few people indeed who in the summer do not take more sugar in some form or other than is good for them, and congested

liver, gout, headache, indigestion, and furred tongue are the penalties they pay for it.

If anyone doubts this, let him drink a bottle of bad champagne, or sweet sherry, and await results. Cheap wines are poison!

TRABENER CUP.

333. An extremely refreshing drink may be made by taking two bottles of Trabener, half a gill of brandy, the strained juice of two lemons, a sprig of borage and of mint; these should be allowed to stand for an hour, then strained. Having previously dissolved six saccharin tabloids in some boiling water, and allowed it to become cold, mix, and add two pounds of ice and four bottles of soda-water. Wrap the bowl this is contained in around with a wet cloth, as previously mentioned. The evaporation of the water in the cloth will keep the 'cup' cool, and the ice from dissolving too rapidly.

NONPAREIL MOSELLE CUP.

334. The wines of the Moselle have the peculiar flavour of the Muscat grape, and even sparkling Moselle may be procured from Mr. Aldous, of 66, Hatton Garden, Holborn, London, of a very dry character. This is a *sine qua non* where the wine is to be drunk by those who require a wine as free from sugar as it is possible to have a sparkling wine, for it must be remembered that a supplementary quantity of liqueur is added to sparkling wines to prevent their turning sour. This varies from one to three per cent.

To make a beverage flavoured with sparkling Moselle, take two bottles of Zeltinger, one bottle of dry sparkling Moselle ('Nonpareil'), two bottles of iced soda-water, and the juice of one lemon. Having previously dissolved four saccharin tabloids in a wineglassful of boiling water, and allowed it to get cold, mix altogether in a bowl, and serve as cold as possible.

SCHLOSS RHEINHAUSEN CUP.

335. A pleasant fruit-flavoured beverage may be made as follows :

Macerate half a pound of fresh greengages, peaches, or apricots, in a pint of gin; strain by pressing through muslin. To this add two bottles of Schloss Rheinhausen and two bottles of soda-water, six saccharin tabloids, previously dissolved in a gill of boiling water, and four pounds of ice. This will make a pleasant beverage, and should be sufficient for eight or ten persons.

Another pleasant drink is a bottle of Liebfraumilch or Marcobrunner, a bottle of soda-water, and a slice of cucumber. Having previously dissolved two saccharin tabloids in boiling water, mix this with the above. Ice up and serve cooled, as previously instructed.

SCHAZBERG CUP.

336. The best way to utilize a bottle of Schazberg is the following :

Dissolve in some boiling water four saccharin tabloids, and slice into it a lemon. When sufficiently cool, add the wine and a bottle of soda-water. Shave in half a pound of ice, and serve.*

TEA, LEMONADE, ETC.

337. It may seem a far cry from luscious beverages, manipulated with choice Rhine wines, to cold tea, lemonade, iced soda-water, and other more simple drinks affected by those who look upon alcohol in any form as a subtle poison. But as there are large numbers of persons who are determined enough in the interest of health to eschew intoxicants of all kinds, it is only fair that their idiosyncrasies should be

* All these wines may be procured extra dry for the use of corpulent and gouty people from Mr. A. Aldous, 61, Hatton Garden, Holborn, London. They are the only wines that should be drunk by such people.

considered, and a few beverages constructed on these lines offered for their acceptance.

The ordinary teetotal beverages are all sweetened with sugar, and are therefore unsuitable for fat people. What I ask these descendants of Sir John Falstaff to understand is that in these days they need not be debarred from sweet beverages, though they are from sugar.

To begin with, there is not a more refreshing drink than tea, but the fat man should sweeten his tea on all occasions with a tabloid of saccharin instead of sugar, if he does not want to increase the burden that he has to carry about with him.

With regard to coffee the same rules must be observed by stout people, that is, that it should be sweetened with saccharin and flavoured with *cream*—not milk.

Some people find cold tea flavoured with lemon-juice a most refreshing beverage, and this may be sweetened with saccharin and iced in the same way as an ordinary 'claret cup.' Indeed, in Russia, tea is usually drunk prepared in this way.

LEMONADE.

338. Every house should possess a gazogene apparatus, as with one of these machines an unlimited supply of aerated waters may always be kept ready for use, and the soda-water made by their aid is inexpensive, and as good, or nearly as good, as that bought in the shops at six times the price.

For using with soda-water, a cooling and pleasant-flavoured portable sweetening may be made in this way: Take twenty saccharin tabloids and dissolve them in a pint of boiling water, add to this one ounce of citric acid and two drachms of tincture of lemon-peel. When cool bottle, and it is fit for use. One or two tablespoonfuls added to a tumbler of soda-water will pleasantly flavour it. This 'syrup' will keep a week or more.

ICED LEMONADE.

339. The essence of lemon sold by chemists may be utilized in this way for making the basis of lemonade.

Take of citric acid three and a half drachms, essence of lemon ten drops, four saccharin tabloids, and half a pint of boiling water. Shake. One or two tablespoonfuls of this added to a tumbler of soda-water or iced soda-water will make a lemonade.

Another easy way of making lemonade for drinking in hot weather is to slice two lemons into a pint of boiling water, throw in six saccharin tabloids and a grating of nutmeg. When quite cold add a sprig of borage, two bottles of soda-water, and half a pound of shaven ice, when it is ready for use.

LEMONADE (ANOTHER WAY).

340. Grate the peel of six lemons; pour a quart of boiling water on it. Let it stand some time; then add the juice of the lemons (take care not to let the lemon-pips fall into the liquid), sweeten it with one or two grains of saccharin, and run it through a jelly-bag.

FOR SUMMER DRINKS.

341. One pound of red currants bruised with some raspberries, eight grains of saccharin, added to a gallon of cold water, well stirred, allowed to settle, and bottle.

APPLE WATER.

342. Pare and core three or four large apples, put them into a quart jug with two grains of saccharin, a few strips of very thin lemon-peel, the strained juice of half a lemon.

Fill the jug with boiling water ; cover it over, and leave till cold.

CHERRY BRANDY.

343. Fill wide-mouthed bottles with good Morella cherries nearly full ; prick the cherries first in three or four places with a fine needle ; put into each bottle four grains of saccharin ; fill up with brandy. Cork, and cover with bladder very tight. Best kept for a year.

CREAM OF TARTAR. (A Cooling Drink.)

344. Put half an ounce of cream of tartar, the juice of one lemon, and one grain of saccharin into a jug, and pour over a quart of boiling water. Cover till cold.

EGG AND ROTTLAND.

345. Beat up with a fork an egg till it froths ; add a very small quantity of saccharin and two tablespoonfuls of water ; mix well, pour in a wineglassful of Rottland, and serve before it gets flat.

AN AMERICAN DRINK.

346. Put the juice of a lemon to a pint of water in which one grain of saccharin has been dissolved ; then add the white of an egg and froth up. It may be iced.

ROTTLAND CUP.

347. Take one bottle of Rottland, one bottle of soda-water, about half a pound of pounded ice, four grains of saccharin, a little grated nutmeg, one liqueur-glass of maraschino, and a sprig of green borage. Put all these ingredients into a silver cup, regulating the proportion of ice by the state of the weather ; if very warm, a larger quantity would be necessary. Hand the cup round with a clean napkin

passed through one of the handles, that the edge of the cup may be wiped after each guest has partaken of the contents thereof.*

SAUCES FOR FISH, MEATS, VEGETABLES, AND SALADS.

SAUCE TARTARE.

348. One saltspoonful of good cayenne pepper in very fine powder, half a saltspoonful of salt; a little saccharin; mix well, then add one tablespoonful of the strained juice of a lemon, two tablespoonfuls of Harvey's sauce, one teaspoonful of mushroom ketchup, and a small wineglass of port-wine. Put all this into a jar, and place the jar in a pan of boiling water to heat the sauce. Very good to mix with other gravy, or to use with anything grilled.

SAUCE PIQUANTE.

349. Boil together a tablespoonful of chopped onion, same of parsley and of mushrooms, in one ounce of butter for five minutes; then add half a pint of good stock, add salt and cayenne, and stir in last one tablespoonful of vinegar. Boil a few minutes.

CUCUMBER SAUCE.

350. Peel some cucumbers, cut up very small; put them into a saucepan with a little broth, half a tablespoonful of vinegar, salt, cayenne, and a little essence of celery (or omit the salt and use celery salt); a small bit of boiled onion may be added if liked, and a bit of butter. Stew

* A gentleman who had been the subject of frequent attacks of gout writes: 'I have never been so free from gout and acidity as I have been since I have dieted and given up sweets and champagnes. I find the dry Moselles suit me in every way better, and I prefer the Cabinet Rottland to any wine I have tasted for some time.'

gently till tender; rub through a sieve. Serve with any cutlets.

HORSERADISH SAUCE.

351. Half a teaspoonful of mustard and a little salt; work into it two tablespoonfuls of cream until quite smooth, one or two teaspoonfuls of vinegar, and two tablespoonfuls of grated horseradish. If too thick or hot, add a little more cream. The mustard can be omitted if not liked very hot.

COLD SAUCE PIQUANTE.

352. Boil two eggs very hard, rub the yolks through a sieve, add one tablespoonful of salad-oil, tarragon vinegar, chilli vinegar, and common vinegar, a little minced parsley and shallot, pepper, salt, a teacupful of cream; stir all well and smooth together. It is better to put the vinegar in last.

LEMON SAUCE.

353. Cut the rind of a lemon very thin; boil it for three minutes in a teacup of water; stir in the juice of the lemon, strained, and add a little saccharin and a few drops of brandy.

SAUCE PIQUANTE.

354. Half a teacup of gravy, one tablespoonful of French mustard, two of Worcester sauce, two of port-wine, a little saccharin, one teaspoonful of shallot and chilli vinegar. Warm gently over a slow fire, and serve over warmed game; or pieces of meat or game can be warmed in it.

BROWN ONION SAUCE.

355. Slice some onions, about five; brown in a stewpan with butter; add half a pint of good stock, and stew till tender.

TOMATO SAUCE.

356. Melt in a stewpan a dozen or two ripe tomatoes (which, before putting into the stewpan, cut in two, and squeeze the juice and the seeds out). Then put two shallots, one onion, a clove, a little thyme, a bay-leaf, a few leaves of mace, and when melted rub them through a tammy. Mix a few spoonfuls of good espagnole and a little salt and pepper with the purée. Boil it for twenty minutes, and serve.*

MINT SAUCE.

357. Wash and free from grit three tablespoonfuls of young green mint, chop exceedingly fine and put it into a sauce-tureen with a teacupful of vinegar, and sweeten according to taste with saccharin, which should be dissolved in a little hot water before being added to the vinegar. Mint sauce should be allowed to stand an hour or two before being used.

ITALIAN SAUCE.

358. Put the following ingredients into a stewpan : Two spoonfuls of chopped mushrooms, one of parsley, half a shallot, the same of bay-leaf ; add pepper and salt to taste. Stew them gently with just enough espagnole sauce to moisten them, and thin to a proper consistency with good strong broth.

SPINACH SAUCE FOR BOILED FOWLS, ETC.

359. Wash the spinach in two or three waters, pick the leaves from the stalks, drain it, and stew it with as much water only as will keep it from burning. Squeeze the moisture from it, and beat it with a wooden spoon till smooth. Dissolve a slice of fresh butter in a saucepan, put in the spinach, and stir it till it is quite hot and dry. Add pepper and salt, and as much boiling milk as will make the same of the consistency of thick cream.

* From *Hearth and Home*, a most useful and entertaining weekly journal.

MUSHROOM SAUCE.

360. Button or flap mushrooms may be used for this sauce. They should be rinsed in cold water, drained, and dried in a soft cloth, and if flap ones cut into pieces. Simmer the mushrooms, without stalks, in half a pint of beef gravy; add a little mushroom ketchup and an ounce of butter. If liked, flavour with lemon-peel, and squeeze in some of the juice before serving.

APPLE SAUCE.

361. Pare, core, and slice four or five apples; place them in a saucepan with only just enough water to keep them from burning. Let them simmer gently, stirring frequently, over a slow fire, until they are reduced to a pulp; turn them into a bowl and beat them well; sweeten with saccharin according to taste, and add the squeeze of a lemon and a small piece of butter.

GOOSEBERRY SAUCE.

362. Cut the tops and stalks from half a pint of green gooseberries; boil them until tender, press them through a sieve, and mix them with a little butter. Various seasonings may be used for this sauce, such as grated ginger or grated lemon-rind, grated nutmeg, a little saccharin, or cayenne pepper; a wineglassful of sorrel or spinach-juice is a decided improvement.

SAUCE FOR MUTTON CHOPS.

363. Take three tablespoonfuls of gravy, two of Worcester sauce or ketchup, salt, pepper, and a teaspoonful of shallot vinegar; stir till hot; pour over the chops.

BISCUITS.

364. In the treatment of obesity it is necessary that any biscuits containing starch or sugar should be rigidly excluded

from the dietary during the time reduction of fat is taking place on the system advocated in this work. For this reason it is imperative that the gluten or bran biscuits made by Mr. Blatchley, of 167, Oxford Street, London, be used.

365. The manufacture of dietetic articles for the use of the corpulent, the diabetic, and the dyspeptic at the above-named address has attained world-wide celebrity, and Mr. Blatchley, at my suggestion, has now added to his stock a biscuit made entirely of the finest bran and Liebig's extract of meat. This biscuit is highly digestive, nutritious, and strengthening, and being free from starch and sugar, will be most useful to corpulent and gouty people. The bran, by its mechanical irritation during its passage through the alimentary canal, tends to act as a slight aperient; therefore these biscuits will be very serviceable to those in whom constipation is a troublesome affection. One or two taken before going to bed will, undoubtedly, tend to keep up a proper action of the bowels, and by their stimulating effect, act as a wholesome and powerful tonic to the nervous system. They will keep good for some time.

366. The biscuits prepared by Mr. Blatchley at my suggestion for use in corpulency, constipation, indigestion, etc., are known as A, B, C and D. The A biscuits are made of gluten and bran and extract of meat. The B biscuits contain gluten and bran and almond flour, and are sweetened with saccharin. The C biscuits are made of gluten and bran only, and the D contain gluten, bran and a large proportion of almond flour, and are rather softer than the others. Fruits for stewing, preserved without sugar, may also be had from him, a great desideratum in the winter, and liquid Saccharin for sweetening purposes.

THE END.

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